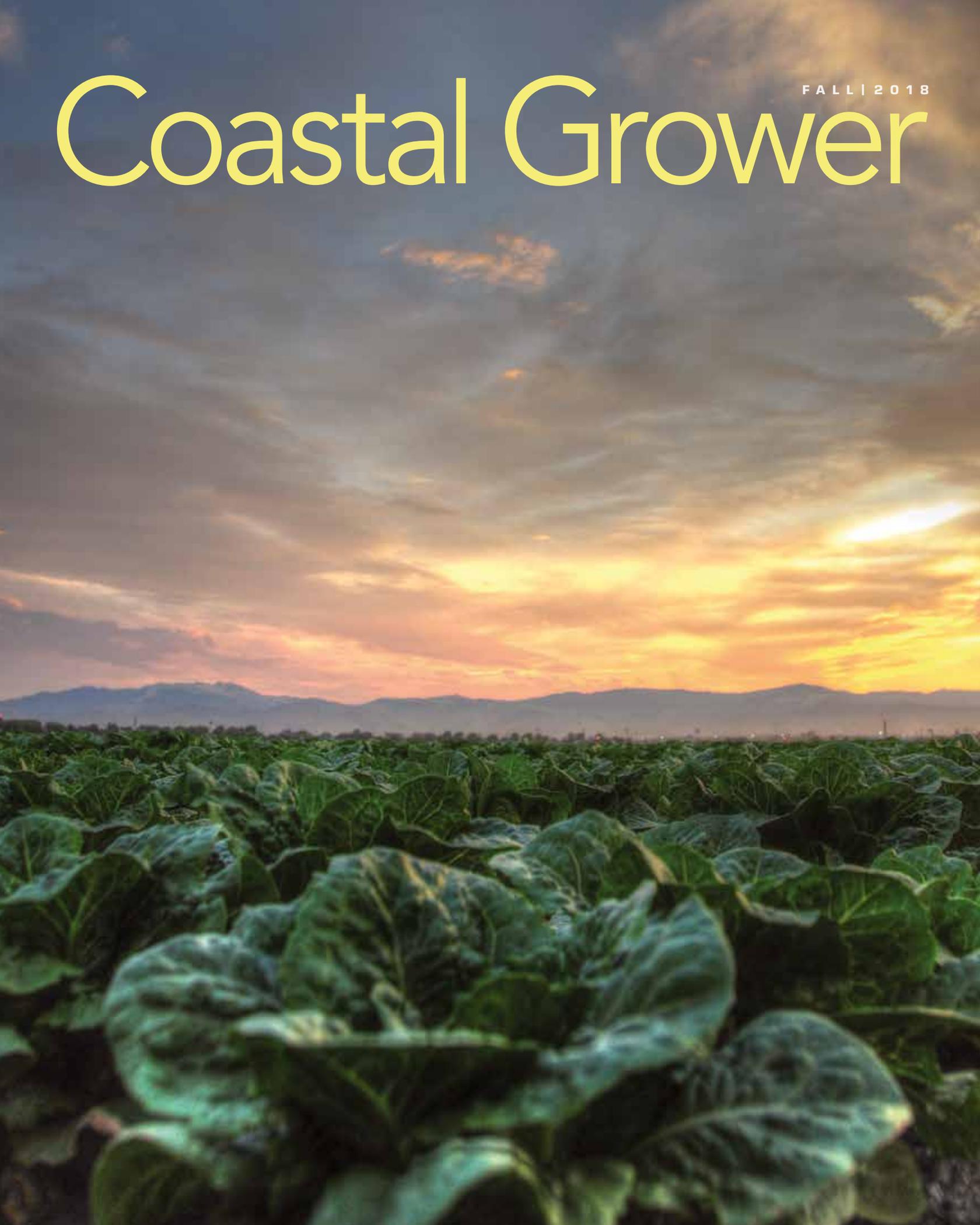


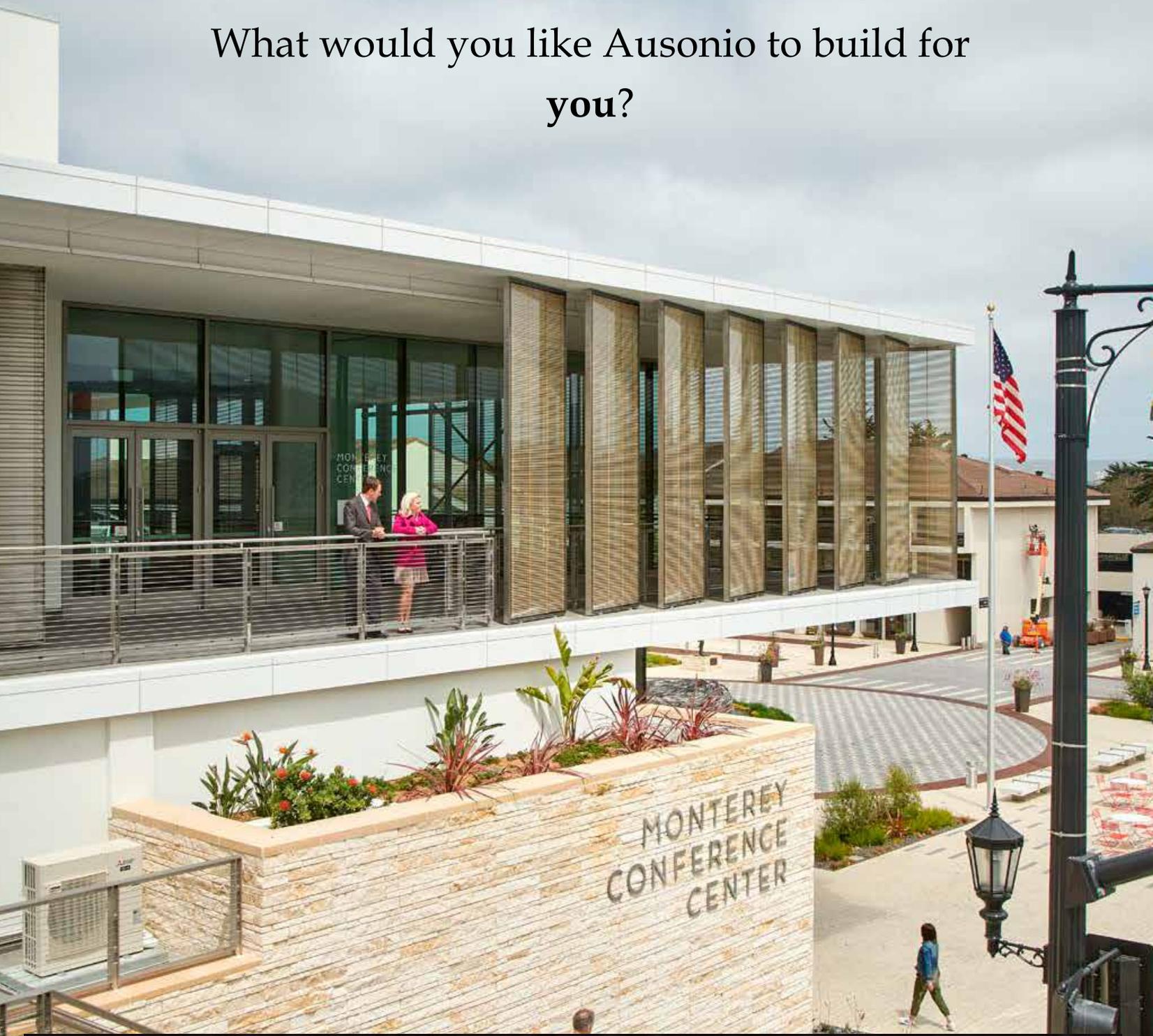
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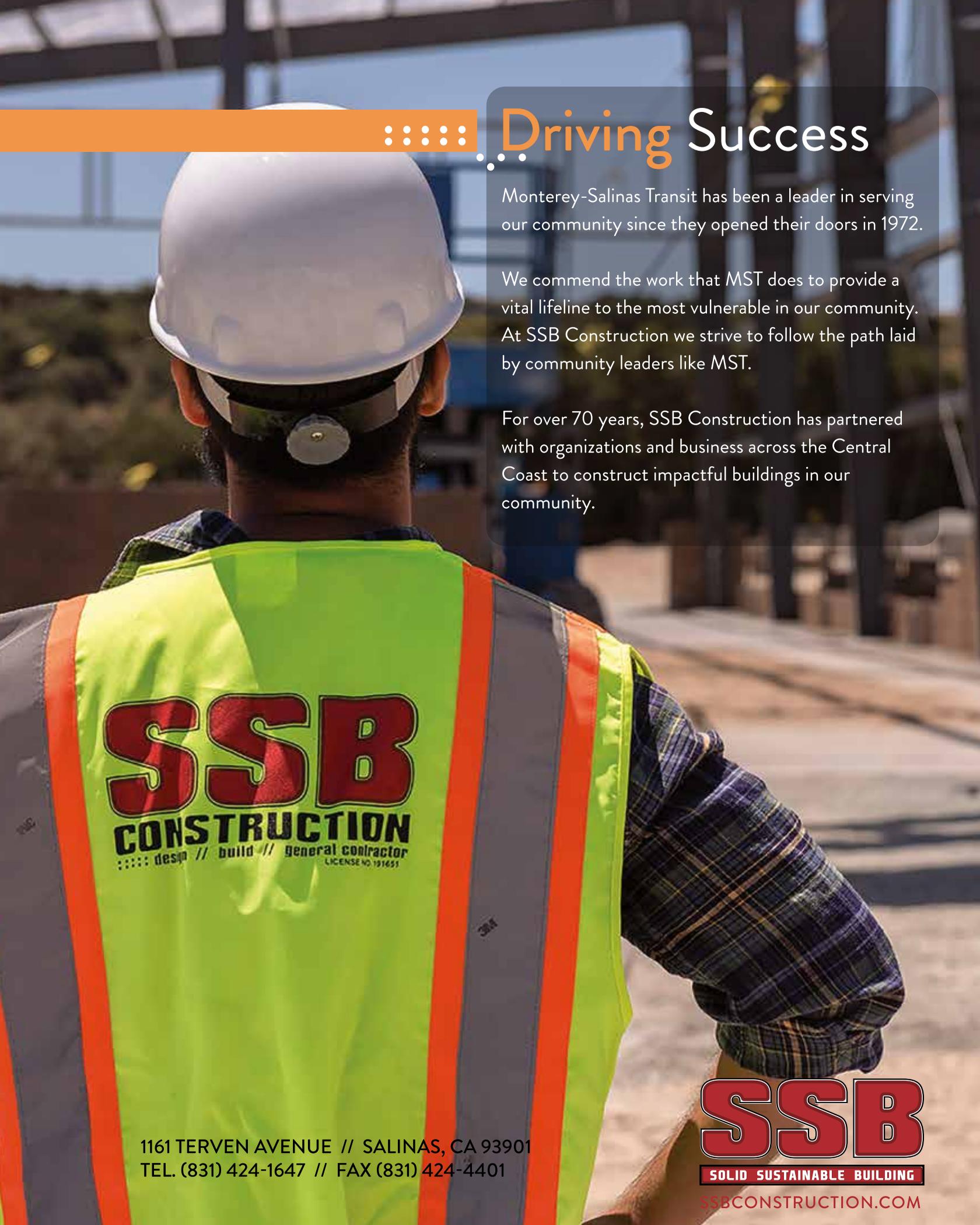
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COVER PHOTO

Creativity and freedom of expression cultivated the imaginations of the photographers for the 2018 California Women for Ag Photo contest. The idea behind the contest is to create a buzz behind the lens—to pique an interest in agriculture and its beauty through pictures. The photographs were taken from areas throughout our bountiful valley. The true beauty of agriculture are the people that become involved in its process and growth. The pictures show the results of those efforts. This Year's Grand Prize and 1st Place went to Dexter Farm of Salinas for the submission, "Salinas Sunrise". There is significance to the capturing of this photograph, taken on September 11, 2017 off of Hunter Lane between Salinas and Spreckels. Dexter Farm stated, "I was at the 9/11 ceremony at the Salinas Police Dept. and looked over my shoulder and noticed it was raining and thundering over Spreckels. I rushed down to Hunter Lane, just as I got there, the clouds were parting and the sun was rising." 2nd place went to Jo Ann Moline of Gonzales for her photograph, "Old Plow." Jo Ann also placed 3rd for her submission of, "Our Valley." This was the first time entry for Moline and resulted in a strong win and a harvest of prizes! Thank you to our generous Sponsors: Coastal Grower Magazine, California Women for Ag, PADDLEjack.com, Progressive Packaging Group, and WorkWell Medical Group.

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PUBLISHER

Tom Koster

EDITORIAL DIRECTOR

Lorri A. Koster

MANAGING EDITOR

Whitney Brem Pridey
Phone: 831-596-4945
info@coastalgrowermag.com

ART DIRECTOR

Jay Galster

STAFF HISTORIAN

Burton Anderson

ADVERTISING SALES

Whitney Brem Pridey
Phone: 831-596-4945
info@coastalgrowermag.com

Coastal Grower is published by
Koster Communications, Inc.
All rights reserved by Koster Communications, Inc.

Koster Communications, Inc.
24965 Corte Poco
Salinas, CA 93908
Phone: 831-594-1977
Editorial Content: info@coastalgrowermag.com
Business Office: tkoster@kostercomm.net

DESIGN & PRODUCTION

Marzo Design
22 Loma Avenue
La Selva Beach, CA 95076
831-688-7577
jay@marzodesign.com

COASTAL GROWER Magazine is a publication of articles concerning agriculture and its history. Articles, opinions, advice and points of view on various aspects of agriculture and state or federal law are the opinions of the authors of each particular article and not that of COASTAL GROWER Magazine which makes no warranty whatsoever as to the validity of any opinion or advice given unless expressly so adopted in writing.

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Empty Nestin'

It's been said "be careful what you wish for" so as I sit in my perfectly quiet home office writing this note, I reflect back on the days I wished for a quiet house...a house not filled with a bunch of boys running around leaving doors open or slamming them shut. I wished for a laundry room not filled with dirty baseball uniforms and mud-crusted tennis shoes. I wished I didn't have to go grocery shopping (again) or tell them to stop playing Fortnite (again).

Today my house is quiet. There are no uniforms to wash or sports equipment to trip over. There are no sounds of feet running up and down the front steps. I no longer peak my hearing to see if it's their car pulling up the road and into the driveway. My heart doesn't feel a pang of fear when I hear sirens down the road. A month ago I tucked both of my sons in at their respective colleges so my husband and I are empty nesters—emphasis on empty.

I know I'm not the first parent to experience this, nor will I be the last. However, not only does my house feel empty, my heart does as well. The emotions are contradictory. You are happy and proud of your children for getting into college and moving into the next phase of their lives. You did your job...you raised them well. Realistically, I don't want my 19 and 21 year old sons living with me. But, at the same time, I miss them.

There are resources out there giving advice on what is sometimes called "Empty Nest Syndrome." I don't think what I'm experiencing is at "syndrome" level, but life and its patterns have shifted. Once they have "grown and flown" you need to redefine yourself and find other ways to spend your time. If you are married, that relationship enters a new phase as you have more time to do things with each other, be more spontaneous, because you don't have to

"find a sitter." You become drawn to other empty nesting couples who have more flexibility and freedom in their schedules because they don't revolve around children's activities.

Whenever I'm feeling extra sorry for myself I think of our two dogs. They can't call, face time, or text the boys. At least I know why the house is quiet, where the boys have gone. The dogs had to sense the last hug they got from them was a little longer, a little tighter...but they can't understand where the boys went and why. If I had any advice for Empty Nesters who are feeling melancholy is to stop thinking about yourself and, if you have them, think about your dogs! Give them a hug.

Prepare yourself as well. I learned with my oldest, their first trip home from school, they will run in the door and go directly for the family pet. The pet they haven't seen or talked to since they left. They will get around to ole mom and dad—but they have talked to you—exchanged texts with you. I also learned to plan vacations differently. When your kids come home from school they are going to want to be—at home. Sleep in their own bed, take a shower without wearing shoes, eat all of their favorite food, and see their old friends.

So here I sit in my perfectly quiet home office...I'm looking into volunteering more, making soap, taking golf lessons. I'm reading more, working out and sleeping better. As much as I loved to wrangle the nacho cheese machine Friday nights in the football snack bar, I've now seen a lot of good movies and had some wonderful dinners with my husband. There are benefits to having an empty nest. Or is that wishful thinking?



Contributors



QUINCIE GOURLEY

Quincie Gourley is an intern for Rijk Zwaan USA, where she has been able to join the team working on special projects and learning about the produce seed industry. Gourley was born and raised within the Salinas Valley, and her passion for agriculture rooted from showing livestock at county fairs. Gourley has always imagined herself going back to work in the agriculture industry, but lately, she has found a passion for fresh produce. Gourley attends Cal Poly, San Luis Obispo, where she is deeply involved with her college while majoring in agricultural communication.



BRIAN MILNE

A freelance writer on the Central Coast, Brian Milne enjoys writing about everything from ag technologies to the outdoors. A graduate of Cal Poly-San Luis Obispo, Milne provides marketing and business development services for Hortau, a precision irrigation management company based in San Luis Obispo, Calif., with growers located throughout the Salinas Valley and North America. You can learn more about Hortau's precision irrigation management services at www.hortau.com or by calling (805) 545-5994.



BURTON ANDERSON

Burton is an author and historian whose works include "The Salinas Valley: A History of America's Salad Bowl," "California Rodeo Salinas: 100 Years of History," and numerous other articles and studies. A contributing member of the Monterey County Historical Society, Burton is a speaker on topics related to the environment, culture and world agriculture. Burton is a member of the board of advisors at the UC Berkeley College of Natural Resources (formerly the College of Agriculture).



STEVE MCSHANE

Steve McShane is Owner and General Manager of McShane's Landscape Supply in Salinas, California. He has a B.S. in Soil Science from Cal Poly, San Luis Obispo and an M.B.A. from Santa Clara. He serves on the Salinas City Council. When not working, he loves hiking, traveling to far reaches of the planet and experimenting with exotic fruits. He can be reached at steve@mcshaneslandscape.com or (831) 455-1369.



AMY WU

Amy Wu is the Founder and Chief Content Director of "From Farms to Incubators," a multimedia content company that focuses on telling the stories of minority women entrepreneurs in agtech. Wu is a veteran journalist with significant international reporting and teaching experience, having worked at Time magazine, the Rochester Democrat & Chronicle, for the USA Today Network; and has written for The New York Times, HuffPost and Wall Street Journal. She earned her master's degree in journalism from Columbia University, and speaks fluent Mandarin Chinese.



DAN RODRIGUEZ

Dan Rodriguez is Regional Sales Manager with RDO Water and is based in Salinas, CA. He has nearly 20 years experience in the agriculture industry, in roles focused on nutrients, chemicals, irrigation, and sales. Rodriguez is a member of the California Farm Bureau, California Association of Pest Control Advisers, and Western Growers Association. He holds PCA licenses in both Arizona and California and is a Certified Crop Adviser.

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JESS BROWN

Jess serves as executive director of the Santa Cruz County Farm Bureau and the educational organization Agri-Culture. His community activities include past president of the Cultural Council of Santa Cruz County, Monterey Museum of Art, Cabrillo College Foundation and Community Foundation of Santa Cruz County. Jess served as chairman of Goodwill Industries for Santa Cruz, Monterey and San Luis Obispo counties. He served as commissioner of the Santa Cruz County Parks and Recreation Department. Currently, Jess serves on the board for Leadership Santa Cruz County, Santa Cruz Area Chamber of Commerce and chair of the Tannery Arts Center.



J.R. PARKER

J. R. is a Litigation Associate with Johnson, Rovella, Retterer, Rosenthal & Gilles, LLP—JRG Attorneys at Law. He focuses on Litigation; Energy and Environmental Law; Business & Commercial transactions and disputes; and Land-Use matters. Prior to entering private practice, J. R. served as an active duty Judge Advocate with the U.S. Navy Judge Advocate General’s Corp. He also served as a Special Assistant United States Attorney. He continues to serve as a Lieutenant Commander within the Selective Reserves. When J. R. is not diligently working on behalf of his clients, he commits himself to volunteering for causes and charitable projects that benefit veterans and children. More about J. R. can be found at JRGattorneys.com and he can be reached at 831-754-2444.



AMY WOLFE

Amy is the President and CEO of AgSafe, the educational leader for the food and farming industries in supporting their commitment to a healthy and safe workforce and a sustainable wholesome food supply. She currently sits on the Board of Directors for the Association of Fundraising Professionals and regularly volunteers for the Girl Scouts Heart of Central California. Amy received her Master of Public Policy and Administration from CSU, Sacramento, her Bachelor of Science from Cal Poly, San Luis Obispo and possesses her Certified Fundraising Executive accreditation. She, her husband, a high school ag teacher, their daughter and their Great Dane live in Escalon, CA.



LINDSEY BERG-JAMES

Lindsey Berg-James, an attorney with Noland Hamerly Etienne & Hoss, focuses her practice on civil litigation and employment law. Prior to joining Noland Hamerly Etienne & Hoss, Ms. Berg-James practiced law at Schiff Hardin in San Francisco. Prior to her legal career, Lindsey participated in the Teach for America program, in which she taught at an under-resourced public school in California for two years.



CELESTE SETTRINI

Celeste is a 4th generation cattle rancher and a partner/owner in CS Connections, a boutique graphic design and communications agency whose clients are primarily in the agricultural industry and rodeo. She has previously served as State President of California Women for Agriculture, Legislative Director for California Cattlewomen, and been voted Woman of the Year by Ag Against Hunger. Celeste travels throughout the United States speaking to a wide range of rural and consumer groups, sharing the story of American agriculture and advocating for ranchers.



MELODY YOUNG

Melody, a lifestyle consultant and owner of MY DESIGNS, provides custom-tailored home, personal and professional services to meet each client’s unique needs. With many years’ experience as a designer and organizer, Melody acts as the liaison between her clients’ real world and their perfect world. Services include home design, organization and event planning, as well as custom gifts and accessories and concierge services. She is a member of the National Association of Professional Organizers and donates time to various charities in Monterey County.

Contributors



STEPHANIE BOUQUET

Stephanie is a registered dietitian and owner of SB Nutrition Consulting. She holds a BS in nutritional science from Cal Poly, San Luis Obispo and an MS in dietetics with a dietetic internship from Cal State University, Northridge. Since 1993, Stephanie has practiced in the field of nutrition with specialized board certifications in weight management, diabetes and sports nutrition. She offers individualized nutrition consultations, group style classes, athletic team presentations and wellness coaching services. As a native of Salinas, Stephanie returned to the area to raise her own family. For more information visit www.sbnutrition.net.



LARA GROSSMAN

Lara has worked in the produce industry since 1999, after moving to the Salinas Valley in 1996. Originally from Phoenix, Arizona, she has an undergraduate degree in Business Administration from the University of Arizona and an MBA from Golden Gate University. Lara's experience includes branding, logo and packaging design, trade promotions and product development. At Robinson Fresh, Lara's efforts are focused on the newly-relaunched Tomorrow's® Organics brand, customer development, and innovation. When she has free time, she enjoys reading, running, and hiking.



IRVIN SPEIZER

Irwin is a freelance writer, communication consultant and conference programmer with a specialty in finance. He is a long-time resident of the Monterey Peninsula and a former business editor of The Fresno Bee, where he managed that newspaper's agriculture coverage. His writing has been widely published in newspapers, magazines and web sites. Most recently his financial coverage has focused on hedge funds and he is a regular contributor to Institutional Investor's Alpha magazine, which covers the hedge fund industry. Irwin also works as a writer and communications consultant with Armanasco Public Relations in Monterey.



ABBY TAYLOR-SILVA

Abby Taylor-Silva is the Vice President of Policy and Communications at the Grower-Shipper Association of Central California, a 350 member-strong agricultural trade association spanning the coastal region encompassing Monterey, Santa Cruz, San Benito and Santa Clara counties. She focuses on water, food safety and crop protection topics on behalf of their members. Taylor-Silva is a native of Monterey and San Benito counties. Her family farmed in Monterey County for over 50 years.



LAURA DANIEL

A resident of the Santa Cruz Mountains, Laurie has been a journalist for more than 30 years. She grew up in wine-deprived surroundings in the Midwest but quickly developed an interest in wine after moving to California. Her weekly wine column is published in several newspapers, including the San Jose Mercury News, and her work has appeared in magazines such as Food & Wine, Wine Country Living, Wines & Vines, Drinks and Wine Enthusiast. She is a frequent judge at wine competitions in the U.S. and abroad.



MARISA IKSTRUMS

Marisa Ikstrums is the Operations Coordinator for Hastie Financial Group, where she handles client requests, supports the 401(k) plans and assists the advisors with project management. Marisa initially joined Hastie Financial Group in 2013 and returned to the team in 2017. She earned her Bachelor of Arts with a dual major in French and International Trade from the University of Alabama in Huntsville in 2008.



STEPHEN PEARSON

Stephen Pearson, an attorney with Noland Hamerly Etienne & Hoss, focuses his practice on the resolution of complex business, trusts, construction and real estate disputes. He has represented clients in complex family business dissolutions and restructurings, trust and estate disputes, real and personal property, and secured transactional disputes. Mr. Pearson has litigated in both state and federal court and has extensive experience in the mediation and arbitration of disputes. In addition, he represents several large local non-profit enterprises in their business and development matters, and assists them in resolving disputes focusing on the special needs and concerns of non-profit boards.



MAC McDONALD

Mac McDonald was a reporter, columnist and editor of the GO! weekly entertainment and dining section for the Monterey County Herald for 22 years. He was also Managing Editor of the Carmel Pine Cone for seven years. He is currently a freelance writer and editor writing about virtually every subject under the sun, from music, art, food and sports to marketing and public relations.

Coastal Grower values the contributions of all our writers. Contributors wishing to be recognized are listed here. In some cases contributors prefer to remain unrecognized with a bio and photo, or prefer complete anonymity. In those instances articles are published with no recognition or attribution.

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Ryan McMillen

Film Student to Lettuce Selector

By Quincie Gourley



Surrounded by corn and soybean fields in America's Heartland, Rijk Zwaan USA Lettuce Selector, Ryan McMillen, found his passion for the leafy green industry through family, an open mind, and adventuring in the West.

Ryan developed a love for nature and working outdoors at a young age by helping his father during summer breaks with the family lawn care business, spending weekends camping in picturesque France Park, Indiana and learning about the local flora in ecology camp at the nearby nature preserve each summer. His love for the outdoors and interest in the diversity of plant life is where Ryan's passion for nature and biology rooted. However, he didn't know he wanted to pursue a career in biology until college.

Throughout high school, Ryan intended to pursue a career in film, and was accepted to Columbia College Chicago to study post-production film editing. It wasn't until he took an entry-level biology class at a community college the summer after graduating high school that he discovered his interest

in biology. Over the course of the semester, he decided to decline his acceptance to Columbia and instead attend Southern Illinois University Carbondale (SIUC). At SIUC, he ultimately narrowed his focus to plant biology after being hired as a research

His love for the outdoors and interest in the diversity of plant life is where Ryan's passion for nature and biology rooted.

assistant in a plant morphology lab directed by Dr. Karen Renzaglia. Working under Dr. Renzaglia, Associate Dean of Science at SIUC, Ryan was given the opportunity to run his own program as an undergraduate, which gave him the learning opportunity of a graduate student, without the thesis. "Dr. Renzaglia is the one who challenged me to work independently on research projects in the lab," says Ryan. "I had to formulate the

research project, determine what resources were needed to complete the project, and then write the grant to fund the project."

Ryan had been working at Yosemite National Forest during the summer while going to school at Southern Illinois University. One summer, Ryan and a friend decided to explore and backpack through Yosemite and California. Ryan would rock climb all day, sleep on rock ledges and wake up feeling on top of the world. "I remember catching a ride with a farm employee outside of Hollister, California. He showed so much passion for agriculture and growing crops in the Hollister area. It was at the end of the day, he looked defeated by the weather and his truck was filthy with mud. He explained to me how much opportunity agriculture has given to himself and his family all with a smile on his face. It was then I realized how much grit and passion it takes to grow vegetables in the west."

After graduation from SIUC, Ryan knew he wanted to pursue his career in plant biology. Thinking back on hitchhiking through the Central and Salinas Valley of California, and realizing all of the opportunity and diversity in vegetable crops, he knew California was where he wanted to end up. Ryan began his career in agriculture as a Research Associate with Monsanto in 2008 with the pathology team in San Juan Bautista, running screens for multiple breeders, crops, and pathogens. Ryan eventually transitioned to an assistant breeder position, working with the Lettuce

Clockwise from top: 1.) Ryan with Braden Hoover. 2.) Ryan helping with the lawn care. 3.) Ryan with Mitchell Huntington. 4.) Ryan and Caitlin with baby, Arlo.

and Brassica teams to help breed and select for varieties adapted to the Central Coast of California and the greater Yuma area of Arizona.

Ryan followed an opportunity to begin his career with Rijk Zwaan in 2015 as a Lettuce Selector. "I saw huge potential with Rijk Zwaan in the Salinas Valley. RZ is well structured and the lettuce program was just taking off when I started, which meant I could play a part in developing an exciting program to increase diversity in Rijk Zwaan's portfolio. With Rijk Zwaan's contributions to their annual Research & Development budget, new resources and tools are available for a successful program."

"It is exciting to walk into a field where I see a variety that I helped create; especially when there are so many options for growers in the Salinas Valley."

At Rijk Zwaan, Ryan works mainly with Linda Roosenboom, a lettuce breeder located at the RZ headquarters in Fijnaart, Netherlands. Linda has become a role model for Ryan, and continually pushes Ryan to question possibilities within breeding and to try different solutions to varying issues. When Linda and Ryan



started discussing plans to develop a lettuce program in the United States, Ryan took steps to further his knowledge of breeding practices and recently received his Certification in Plant Breeding from the University of California Davis this summer. "I enjoy the dirty work and the small jobs that add up to a greater vision," says Ryan. "With this new breeding program in the U.S., I am excited to see the selection process through from start to finish, working with pedigrees, and collecting my own samples to analyze." Linda and Ryan will be working very closely in the coming years to increase Rijk Zwaan's North American lettuce assortment.

Ryan has further developed his career with Rijk Zwaan USA by taking on variety of roles and projects, including working with external growers to forecast industry growth. In breeding, it is critical for the teams to be aware of the future; consumers have demands, which Ryan believes breeders need to meet. "It is helpful to see what issues consumers are having and work towards breeding a solution to fix that issue. If we could have a crystal ball to look 10 years into the future that would be great! Until then we will be making contacts and enjoying the company of great growers around the area to understand their needs and issues pertaining to lettuce." Despite his new responsibilities, Ryan still works in the fields and screens for pathogens. "I enjoy working in a developing growing program because you get to learn each job

and what difficulties each job consists of," says Ryan. "You can really be hands on with the whole selection process and have access to multiple facets of the company. It's great to be able to walk down the hall to meet with the product development or sales team to discuss issues, or strategies for upcoming products as it relates to breeding."

Working alongside commercial Crop Specialists, Braden Hoover and Eric Christianson, Ryan enjoys exchanging ideas, strategizing new market segments and traveling internationally to meet with breeders and growers. "A global team has its own challenges but modern technology makes this challenge easier. It is nice to share successes and goals with the team. The more information the team shares, the stronger we will be." At any one time, there may be crops harvested in Yuma, Arizona, while trial plants are being grown in Salinas,



California, and selections being made overseas. While Ryan travels multiple times a year to meet with coworkers throughout the US and abroad, Ryan's main territory encompasses the Salinas Valley, approximately an 80 mile stretch from the North County Line (Aromas) to the South County line (Bradley). Being outside most of his day is Ryan's absolute favorite aspect of his job. "I like to be hands on and involved in the whole process. I enjoy being out in the elements and earning my beer at the end of the day."

Ryan's job at Rijk Zwaan entails being able to select a variety that meets commercial quality standards and is produced for growers in the U.S. "It is exciting to



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walk into a field where I see a variety that I helped create; especially when there are so many options for growers in the Salinas Valley. Ryan thrives off teamwork, and enjoys the freedom that comes with his role in Rijk Zwaan. "I like the breeding aspect because it is not just one person, but the entire team that is responsible for the trait selections in a plant. One team may be most concerned about resistance to a pathogen, while another team may want a leaf to be a certain shape and color to appeal to end users," says Ryan. The culture and the people within Rijk Zwaan is another reason as to why Ryan enjoys his current role. "Rijk Zwaan has shown me so much support in the past years. It is a company that is not only focused on moving varieties to the market, but also creating a welcoming, family atmosphere for its employees."

During Ryan's free time, he enjoys cycling, sailing, spearfishing, photography, and most importantly, being a dad to his newborn son, Arlo. "For me, being outdoors is a way to reset your brain at the end of the day or week. I am excited to get to share with our son all of the great areas around Monterey County. I can't wait until he can ride a mountain bike trail and sail the Pacific with me," Ryan jokes. Ryan attributes his success to his wife Caitlin, "She provides stability in my life and has been my rock through it all. I have been fortunate to experience everything with the same person by my side."

Ryan had stressed the importance to be open to possibilities and changing goals. "If I were to have stuck with film, I wouldn't be here now and I could not imagine life outside of agriculture! If you're not open to new challenges, opportunities might be passing you by. Do the jobs that people do not want to do; show some self-worth and find a great mentor—they are all over the place!" **ce**

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These Boots Are Made For Hikin'

By Brian Milne



I've worked with a number of industries over the years, but I have to say agriculture is made up of some of the grittiest, hardest working folks I've met.

Take this past summer, for example. The weekend I wrote this, it was well over 100 degrees yet I saw growers working the scorching ground from the coast all the way to the Sierra Nevada Mountains. Tractors could be seen well past sunset, kicking up dust and lighting up rows of grapevines for miles, feverishly prepping for fall harvest.

It seems even on the weekends, growers work hard. That same trip to the Sierra Nevada, while hiking the grueling Mt. Whitney Trail, I was stopped on the mountain by a Central Coast strawberry grower who recognized my Hortau hat.

"Good to see someone from the Central Coast up here," he joked while teetering precariously on the cliffside trail about seven miles from anywhere.

I got a good laugh out of the exchange,

because running into a coastal berry grower was the last thing I expected on the route to the highest peak (14,505 feet) in the lower 48 states. But after thinking about it, the encounter made perfect sense.

Why wouldn't one of our hard-working growers be climbing Mt. Whitney on their "weekend off" from farming in the dog days of summer?

In fact, plenty of us enjoy swapping out our work boots for hiking boots on the weekends. And while not all of us are cut out for the 21-mile adventure to Mt. Whitney, there are plenty of fun outdoor destinations to enjoy closer to home. Here are five of my fall favorites, which are all located within an hour of Salinas:

...agriculture is made up of some of the grittiest, hardest working folks I've met.

ARROYO SECO CAMPGROUND

A popular mountain retreat that's 50 miles south of Salinas, Arroyo Seco Campground offers fishing and a number of hiking trails, including the steep and lengthy Santa Lucia Trail that follows the Arroyo Seco River up into the gorge, and The Lakes Trail that goes to a small lake.

Address: Arroyo Seco Campground, 47600 Arroyo Seco Road, Greenfield, CA 93927
Phone: (805) 434-1996

FREMONT PEAK STATE PARK

While only 28 miles from Salinas, the drive to Fremont Peak State Park will take you almost an hour because of the narrow,

windy San Juan Canyon Road. Large RVs are not recommended. The park is great for tent camping and the trail to 3,169-foot Fremont Peak allows you to hike one of the tallest peaks in the area, offering amazing 360-degree views of the valley. There is also an astronomical observatory with a 30-inch diameter telescope near the park entrance, which hosts star gazing events throughout the summer months.

Address: 11000 San Juan Canyon Rd, Salinas, CA 93908
Phone: (831) 623-4255

GARLAND RANCH

Located about 17 miles from Salinas along the willow-covered banks of the Carmel River, the old Carmel Valley ranch of William Garland II has countless trails that weave around the 4,462-acre property from 200 to 2,000 feet in elevation. The trails at this Monterey Peninsula Regional Park are dog friendly and access is free and open to the public during daylight hours. Just be sure to grab a map or take a photo of the layout of the trails with your phone so you don't get turned around on all of the various tracks that maze around the property. Some favorite trails include the Waterfall Trail (during the rainy season, as the waterfall is seasonal) and the Sky Trail up toward Snively's Ridge overlooking the valley.

Address: 700 W Carmel Valley Rd, Carmel Valley, CA 93924
Phone: 831-372-3196

PINNACLES NATIONAL PARK

Located about 37 miles east of Salinas,

Clockwise from top: 1.) Pinnacles National Park. 2.) Arroyo Seco Campgrounds.

and just outside of King City, Pinnacles is our closest and one of the newest parks in the National Parks chain. It's worth noting the campground is only accessed from the east side of the park, so if you're camping be sure to use the east entrance. Pinnacles is filled with countless caves and rock outcroppings that came about from multiple volcano eruptions some 20-plus million years ago. Along with plenty of rock climbing and hiking opportunities, some portions of the park give visitors a rare glimpse of the California condor.

A tip: Pick up an annual National Parks Pass, and gain unlimited access to Pinnacles throughout the year, along with other National Parks such as Yosemite.

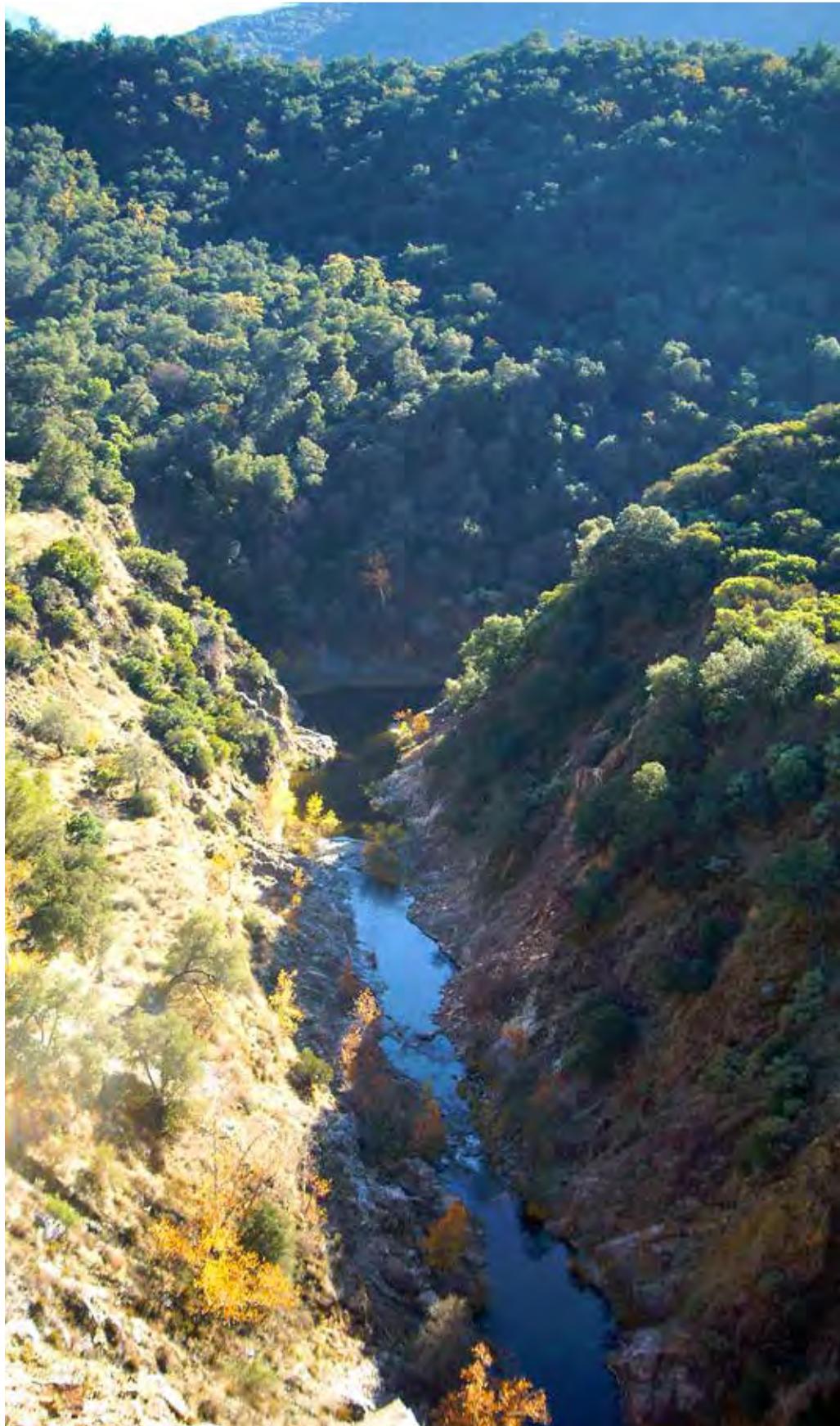
Address: 5000 Highway 146,
Paicines, CA 95043
Phone: (831) 389-4538

Why wouldn't one of our hard-working growers be climbing Mt. Whitney on their "weekend off" from farming in the dog days of summer?

WILDER RANCH STATE PARK

Another ranch that's been made open to the public, the state park is about 40 miles away from downtown Salinas. The former dairy ranch still has a number of ranch buildings that have been restored on the property, along with a museum. The coastal bluff trail runs between the beach and a number of farming operations, which produce various row crops you can see and smell along the trail. The relatively flat trail (although it does have some sandy beach crossings) is also home to the "Run by the Sea" half marathon, 12K or 4K every August, if you really want to get a "workout" on your summer vacation.

Address: 1401 Coast Rd,
Santa Cruz, CA 95060
Phone: (831) 423-9703 



Single-Use Drip Tape?

10 Reasons to Do It

By Dan Rodriguez



While the use and re-use of drip tape is common for growers with drip irrigation systems, the idea of single-use drip tape isn't. Most growers view drip tape as an investment and are known to re-use it at least a few seasons, some even stretching its use up to seven or eight times. However, this common practice comes with drawbacks, making the new concept of single-use drip tape both interesting and appealing.

The idea of single-use drip tape is exactly what the name implies—using drip tape for just one season, then removing and recycling it rather than storing and re-using it. Companies that offer drip tape installation, retrieval, and recycling services are making the single-use concept viable for growers. RDO Water, for example, uses specially-

designed equipment to lift and remove, then bind up, haul away, and recycle the tape at the end of the season, taking this time and labor-consuming process off growers, while eliminating additional issues of re-using drip tape such as water waste, storage concerns, and food safety issues.

Here are 10 reasons single-use drip tape is a strategy worth considering for California growers.

1. INITIAL COST

Even in recent years, the cost of drip tape has given growers reason to re-use it for multiple seasons. However, some manufacturers, like Netafim, are introducing new drip tape designed for single use—at a price that makes it a feasible option.

2. LABOR SAVINGS

From frequent, ongoing checking and repair of drip tape throughout a season to the lifting, removal, and storage process at the end of season, the cycle of re-using drip tape demands a great deal of manual labor. There's also the biggest labor-savings potential in eliminating drip tape welding at season's end—a time-intensive process that includes cutting out damaged spots and

Taking advantage of single-use drip tape and drip tape retrieval and recycling service is cost-effective and puts less hassle on growers.

plastic welding the tape back together.

Throughout the country, and especially in California, labor is the biggest challenge for growers. Single-use drip tape and retrieval services offered along with it eliminates a large chunk of labor requirements on a farm.

3. WORKER OPTIMIZATION

The idea of eliminating timely manual tasks on a farm might sound good to growers, yet scary to those who depend on these jobs and are still interested in working in the fields. Rather than a single-use drip tape strategy costing existing workers their jobs, they can instead be re-assigned to tasks that deliver more bottom-line benefits to the operation—and perhaps greater job satisfaction.

4. WATER SAVINGS

Re-used drip tape, even the best cared-for

and highest-quality, is bound to have a bit of wear and tear after being removed for the season. Cracks and cuts in the drip tape lead to leaks, which waste water. Using fresh, high-quality drip tape each season ensures leak-free operation and maximum water use efficiency.

5. REPAIR COSTS

Closely related to water waste issues that come from damaged drip tape is the cost to repair. It's not uncommon for there to be a handful or up to two dozen leaks per acre of drip tape, making these repair costs add up quickly, not to mention the time spent—another concern that single-use drip tape removes from growers' minds.

6. STORAGE SPACE

Drip tape must be properly stored before it can go back into the field. Depending on the size of their operation and how much tape they use, growers potentially need to allocate a large amount of space to store, as well as ensure that space is clean, and free of rodents or other pests. Growers without ample space don't have to worry about where they're going to store drip tape, while those who do have space will find it freed up for more efficient storage of equipment and other supplies.

7. FOOD SAFETY

Speaking of cleanliness, re-using drip tape puts a grower at risk for food safety violations due to contaminated drip tape. Pathogens can be transported to other field locations when tape is reused. Single-use eliminates the potential spread of soil-borne pathogens.

8. TAPE RECYCLING

When drip tape finally reaches the end of its re-use life, it's important growers properly dispose of it. While not required by state laws, drip tape recycling is encouraged and most growers want to recycle as part of their efforts to be ethically responsible. But the requirements growers must meet to recycle

drip tape are strict, and many don't have the time or manpower to meet them.

Growers who employ a single-use drip tape approach, along with a drip tape which includes hauling away and recycling the material, receive the added peace of mind knowing their tape is being properly recycled at the end of each growing season.

9. ALL CROPS

As the biggest agriculture economy in the country, California is home to numerous crops, from lettuce and broccoli, to berries and citrus fruits. Any type of crop that's drip irrigated is compatible with single-use drip tape, opening the opportunity to all growers with drip irrigation systems.

10. CROP ROTATION

A final, key advantage of single-use drip tape is for growers who frequently rotate crops.

Certain crops may require different size drip tape, as well as emitters and spacing than others, which can be an issue when re-using drip tape in the same field. Single-use drip tape offers a fresh start at every growing season—and with every new crop rotation—to select the right combination that will best accommodate the crop and maximize yield potential.

Taking advantage of single-use drip tape and drip tape retrieval and recycling service is cost-effective and puts less hassle on growers. The combination also combats the labor pinch in numerous ways, from time saved during installation and retrieval, as well as initial pre-season and ongoing in-season monitoring and repair of reused drip tape.

To learn more about RDO Water's exclusive drip tape retrieval service, contact your local RDO Water store. Visit www.rdoequipment.com to find the one nearest you. **CG**



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— Raymond Costa, Raymond H. Costa Family Scholarship Fund of the Community Foundation for Monterey County

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Castroville Artichoke Food and Wine Festival

By Mac MacDonald



Five years ago, when the Castroville Artichoke Festival pulled up stakes and moved to the Monterey fairgrounds, a lot of people were scratching their heads, “A Castroville festival in Monterey? I’m confused.”

And rightfully so, but what many people didn’t realize was that the festival was not so much about where it was taking place, but what it was honoring and celebrating: The town of Castroville, still the country’s largest producer of the prickly vegetable, and the Castroville Green Globe artichoke, the most popular brand of artichoke.

The festival, now called the Castroville Artichoke Food & Wine Festival (more on that later), is a nonprofit 501 (c)(3), all-volunteer organization that raises and delivers funds to Castroville and local community nonprofit organizations.

“Moving the festival to the Monterey Fairgrounds allowed us to reduce operating costs, made it more family-friendly and in a more-secure environment,” said Diana McClean, senior director of marketing at Ocean Mist Farms and Marketing

Committee Chair for the Castroville Artichoke Food & Wine Festival. “It was a business decision to move because it was becoming prohibitively expensive to put it on. Moving five years ago and becoming a 501(c)(3) allowed the festival to grow and

Over the years, the festival has become the primary source of funding for local non-profit groups, many of which depend on the festival for their primary funding.

be available to a wider audience and to raise more money for Castroville and the surrounding community.”

By moving to the sprawling 22-acre Monterey County Fair & Event Center, the festival was able to add more events and activities, such as local chef demonstrations, a wine and beer garden, more food booths, a Kids Zone, upgraded musical entertain-

ment and an AGRO art competition.

“We have broadened our reach into the Monterey Peninsula chef, wine and beer communities, which opens the door a little bit wider to the Castroville community,” said McClean. “We have more space to grow, improve and become more enjoyable. In fact, everything has been stepped up in caliber.”

The one thing that hasn’t changed with the move is the focus on the artichoke, or to be more specific, the Castroville Green Globe artichoke, the most common artichoke grown in California. Two-thirds of all of the state’s artichokes are grown in Castroville, which is still synonymous with the delicious thistle.

Castroville has averaged 5,500 crop acres the past three years, accounting for more than \$30 million in crop value, according to the 2016 Monterey County Crop Report.

Not only that, but McClean calls the artichoke the “nutritional superstar” of the vegetable world.

“They are the number one vegetable in anti-oxidants and number two in fiber,” she said. “It’s one of the healthiest vegetables available in grocery stores.”





THE 2018 DONATION RECIPIENT ORGANIZATIONS WERE:

- Ashley Nicole Memorial Scholarship Fund
- Bikers for Bikes
- North Monterey County Baseball
- North County Golf
- Marina Lions
- Ord Terrace Elementary School
- Ag History Project
- Peacock Acres
- North County Bulldogs

Since the festival's inception, a mythology has grown around a young, up-and-coming actress, Norma Jean Mortenson, better known as Marilyn Monroe. She was named the state's first Artichoke Queen in 1948. She wasn't from Castroville and she

was crowned the queen well before the festival started, and appeared to just be in the right place at the right time. She was in the Monterey area to promote a brand of diamonds, and like all young starlets, was looking to promote her brand and becoming the Artichoke Queen was just the ticket for her. But somehow she will always be identified with the Castroville Artichoke Festival!

The Castroville Artichoke Festival may have changed its name and moved to a new location, but it still celebrates the prickly thistle, raises funds for the community and figures to only get bigger and better, much like Marilyn did after she became the queen of the artichokes.

For more information, visit artichokefestival.org **ce**

Two-thirds of all of the state's artichokes are grown in Castroville, which is still synonymous with the delicious thistle.

Peak season is in the spring and fall, but artichoke plants are capable of producing year-round. In fact, since the plants aren't tilled, individual plants can produce for more than 20 years.

Castroville-based Ocean Mist Farms, a 94-year-old family farm, is the largest artichoke grower in the U.S. and a long-time supporter of the festival. Oh, and the artichoke is the official state vegetable of California, proclaimed so in 2013.

The first artichoke shoots were planted in 1922 in Castroville and the festival was founded in 1959. Over the years, the festival has become the primary source of funding for local non-profit groups, many of which depend on the festival for their primary funding. The bigger venue also allows for more nonprofits to operate and potentially increase their income.



Cal/OSHA Developing Indoor Heat Illness Prevention Standard

By Amy Wolfe, MPPA, CFRE, President and CEO, AgSafe



In 2016, the legislature passed and Governor Brown signed into Senate Bill 1167, which directed the Division of Occupational Safety and Health (Cal/OSHA) to propose a heat illness and injury prevention standard applicable to employees working in indoor places of employment. The agency has until January 1, 2019 to develop the proposed standard to be sent to the Cal/OSHA Standards Board for regulatory review and possible adoption. As is its practice, in February 2017 Cal/OSHA assembled an Advisory Committee to allow all impacted stakeholders to provide input into the crafting of the proposed standard.

The Advisory Committee has met multiple times since its formation, allowing Cal/OSHA staff to produce draft text of the standard. On May 16, 2018 the most current version of the proposed language was made available for public comment, which closed on June 7, 2018. The agency anticipates releasing the next draft version in late summer/early fall, reflecting the latest round of feedback.

In summary, the most current version of the draft language addresses the issue of mitigating heat illness in indoor places of employment as follows:

- Applies to all indoor work areas in the following industries where temperatures equal or exceed 80 degrees Fahrenheit when employees are present:
 - Agriculture
 - Commercial and industrial kitchens
 - Commercial and industrial laundries
 - Construction
 - Manufacturing
 - Mining
 - Oil and gas extraction
 - Steam plants, geothermal plants, steam tunnels, and boiler rooms
 - Warehousing and storage
- Applies to all indoor work areas regardless of industry when workers wear clothing that restricts heat removal and the temperatures equal or exceed 80 degrees Fahrenheit.
- Applies to all other indoor work areas not previously mentioned where temperatures equal or exceed 85 degrees Fahrenheit when employees are present.
- Similar to the outdoor heat illness prevention standard:
 - Provide fresh, pure, suitably cool water at no cost, located as close as practicable to employees
 - Maintain at least one cool-down area at

all times with enough space to accommodate all employees on break, sitting in normal posture without touching one another

- Provide appropriate first aid/emergency response if employee exhibits signs or symptoms of heat illness
- Implement temperature assessment, documentation and control measures when temperatures equal or exceed 90 degrees Fahrenheit
- Have a written Indoor Heat Illness Prevention Plan that includes appropriate emergency response procedures
- Ensure close observation of employees during acclimatization
- Provide training for employees and supervisors prior to possible exposure

To read the complete draft text and stay up-to-date on the process as it continues to unfold, visit www.dir.ca.gov/dosh/doshreg/Heat-illness-prevention-indoors

If you want to be proactive, begin evaluating your business now for possible issues with indoor heat. We know that the two engineered solutions – HVAC and shielding – will be included in some capacity in this new standard. What are you currently doing to utilize these options to mitigate your indoor heat risk? Perhaps you need to take a step back and conduct a hazard assessment of your operation to even determine sources for indoor heat risk. For example, we often invest significant time, energy and resources into the cooler or plant, but have you thought about your machine shop or greenhouse? You need to have a solid

CONTINUED ON PAGE 59

Above: The proposed indoor heat standard will apply to all indoor work areas, including agriculture, where temperatures equal or exceed 80 degrees Fahrenheit when employees are present (Photo courtesy of AgSafe).

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Sharing a healthy future



Salinas High School FFA

By Lara Grossman



Learning to Do, Doing to Learn, Earning to Live, Living to Serve. These four simple phrases make up the FFA (Future Farmers of America) motto. Even with their inspirational tone, the blunt purposefulness can't be denied: Actively approach all learning with an intent to apply; recognize that a novice, with perseverance, can ultimately become an expert; embrace self-reliance as the linchpin of long-term contentment; pursue service wherever one is able. In their simplicity we find a deeper philosophy that could arguably be used throughout a lifetime; in other words, be resilient.

In the halls of Salinas High School, the FFA students continue to pursue all four of these endeavors. Each year is filled with activities such as raising and showing livestock, leadership training, mentoring and fundraising, along with the standard agricultural curriculum. The leadership of the FFA program continues to grow at the hands of Rachel Martinez, FFA Advisor, who is going on her fourth year at Salinas High

School. Rachel has led students through continuous accomplishments since her arrival, including her first year 'rookie' team win of 6th place in the state's competition for Veterinary Science CDE (Career Development Event), earning the California State FFA Silver Emblem for Salinas High. During Rachel's second year, the team took 2nd place, as runner-up to the State Champion.

And the trend continues! At the beginning of the 2017-2018 school year, a handful of upperclassmen were preparing for their State Degrees. This degree is awarded to only 3 percent of the entire California FFA association membership. To be awarded this, the highest-ranking degree in State FFA membership, a student must:

1. Have earned a Chapter FFA degree one year prior to application for State degree (this degree includes a progressive set of objectives, beginning with obtaining 'Greenhand' status as well as earning a minimum of \$150 within a Supervised Agricultural Experience project [SAE],

and, it is the highest degree that can be conferred by a chapter towards its members);

2. Have been an active Chapter member for two years, including two years of FFA coursework while in high school;
3. Have worked for a minimum of 500 hours on an SAE program;
4. Have invested a minimum of \$1000 (either by a combination of hours worked or dollars earned) in an agricultural enterprise;

Each year is filled with activities such as raising and showing livestock, leadership training, mentoring and fundraising, along with the standard agricultural curriculum.

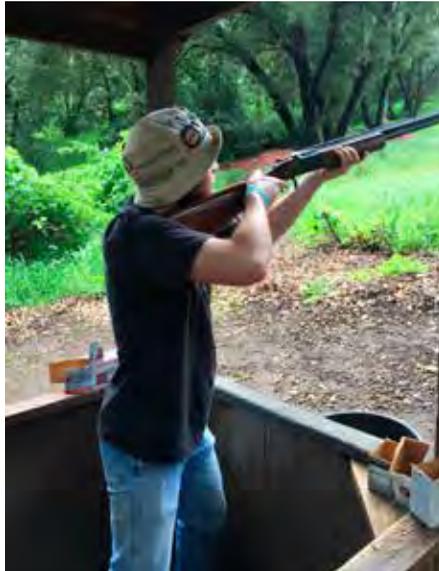
- 5) Have achieved a leadership goal, such as demonstrating proficiency in parliamentary law, giving a speech, serving as an officer, and/or participating in community service.

This is a broader set of objectives, requiring forethought, planning, and time management—no small task for a high school student. In spite of the daunting

Clockwise from top: 1.) 2018 State Degree recipients pictured, (l to r) Jake Robertson, Andrew Meza, Maddy Black, Joseph Evers, Kiley Piini, Kendra Urquides, Alex Burgess, Katie Grossman, Anika Baker. 2.) Daniel Kennedy aims for the clays at the April Sporting Clays event. 3.) J.J. Jeffries and Cyndee Piini at the Sporting Clays event. 4.) Ian Moran and Taylor Sollecito keep score at the Sporting Clays event held at Coyote Creek in April.

requirements, this past April, at Arroyo Grande High School, 11 Salinas High Students were conferred the State degree. Some context: prior to 2017, when the team also garnered 11 State degrees, there had been no Salinas High School recipients since 2013. "My first year teaching, there were no State Degree recipients, which was very disappointing to me, as an agriculture educator. I believe in the FFA program wholeheartedly, and made the decision pretty early on that I wanted to make sure students were recognized for their dedication to their SAE projects. During my second year, in fall of 2016, I worked one-on-one with students who were pursuing the State Degree. This was not easy! We had to backtrack a few years and retroactively capture their hours worked, income and expenses, and other details. We had our work cut out for us. But when we had 11 students receive their awards in April of 2017, we knew it had been worth every minute!" said Rachel.

With the accomplishments of the FFA students rapidly accumulating, what else is needed to keep the program robust? Giving back! This is where the "Living



to serve" portion of the motto takes on multiple interpretations: service towards the community, to help local businesses, neighbors, ranchers, and growers, as well as fundraising to help their peers within their FFA chapter. In terms of providing volunteer work, this is one of the more deliberate ways that high school students can learn the art of community benevolence. This past school year saw FFA students donating their time and talents towards Tanimura & Antle's Family Day, the Fa-La-La-La Holiday Event at Falling Oak Ranch, and the Salinas Valley Memorial Healthcare System's annual Trap Shoot.

"I can always count on the FFA students to deliver," says Caitlin Wilson, Falling Oak Ranch. "I never questioned their ability to make a fun event for our community happen. They took control, were very professional and welcomed over 3,000 attendees while bringing the joy of the holiday season to hundreds of Monterey County children! The best part was they worked hard for their donation and took pride in earning well over \$2,000 for their club! We are excited and look forward to keeping this tradition alive with the FFA students."

And, speaking of trap shoots, the FFA Booster Club launched its first Sporting Clays fundraiser this past April. Held at Coyote Valley Sporting Clays in Morgan Hill, which has been a local's favorite since 1992, the day dawned with torrential rain, but by the time the shooters were lining up for registration,

the sun was out and in full cooperation mode. Shooters enjoyed a variety of shots, including flushing, crossing, and incoming, simulating many different types of prey. As part of the event, a gun raffle was held, as well as a poker run. "Our guests enjoyed an easy, relaxed Saturday morning, surrounded by the gorgeous Coyote Valley facility as a backdrop. For a first-year event, everybody was in excellent spirits and it was obvious that the ultimate benefit in mind was truly the high school students. While we were garnering support for this, as we went through the event planning process, we were astounded at the community's commitment towards the Salinas High FFA students," said J.J. Jeffries, Sporting Clays Committee Chair. "People here understand the value of a high school ag curriculum since it is in our valley where these students are born, raised, and may ultimately settle after graduation from either high school or college."

Funds generated from the Sporting Clays event are directly applied to curriculum needs such as local, state and regional seminars, leadership training, and agricultural project scholarships. **CG**



Where Were All the Women Leaders, and Where Are They Now?

By Amy Wu



The women in the fields haunted if not mesmerized me.

Three years ago when I moved to Salinas, it was hard to avoid the women in the fields. Depending on the time of year, everywhere you drove they were there—their silhouettes pronounced against the backdrop of sunrise and sunset. As a consumer and a big fan of salad (everything from plated to bagged) I was amazed at the amount of backbreaking labor that went into the end product. I was certain that I would never look at a salad bar the same way again and I was right.

As a reporter I had the privilege of witnessing harvest and observing workers up close. I stood transfixed as they cut through lettuce, celery and the other specialty crops the Salinas Valley is known for. I learned that the hourly salary for such physical labor hovered around \$16 an hour, maybe a bit higher depending on the crop and the volume.

Through a translator I gained scraps of their personal stories. In writing about education, immigration and a new administration, I also learned more about the lives of these women. Many had to leave their native country and start anew with hopes of creating better lives for their children. Their stories at times saddened me, but on the flip side, seeing the female field workers also inspired me and ignited questions. Why weren't there more women leaders in agriculture? Why weren't there more female farmers? Why weren't there more women who looked like me at the farm bureau and industry conferences?

On the flip side something else was fast emerging, which I considered a slant of sun.

With increased challenges of labor shortage and feeding the world's growing population (forecasted at nine billion by 2050) a new sector called agtech—the merger of agriculture and technology—surfaced. A door that led to opportunities appeared to

open for women now, especially those with a background in STEM (science, technology, engineering and math) and a passion for building something from the ground up on their own.

Two years ago a fellow journalist and I went to the THRIVE Forum in Menlo Park, an industry conference drawing entrepreneurs and investors in agtech. We scoured the crowds for minority women entrepreneurs in agtech. At first the landscape seemed predictable—a crowd of white middle aged men, but at closer examination, we identified a handful of women leaders who launched agtech companies. One led to another and then another.

There was Diane Wu and Poornima Parameswaran, the young co-founders of Trace Genomics, which produces a soil testing kit based on genetics. The children of

I'd learned there was a new group of female entrepreneurs whose enthusiasm for agtech was infectious.

immigrants, they were the first in their families to attain PhDs and had worked in the lab of Nobel Prize winner Dr. Andrew Fire.

There was Miku Jha the founder and CEO of AgShift, whose flagship product is an autonomous food inspection system. She'd moved her entire family—including young daughter—from New York City to Santa Clara, California to launch the company.

There was Jessica Gonzalez, a COO, and Rivka Garcia, a lead engineer, of HeavyConnect that creates mobile apps ad software that make work and payment easier for growers. The young women were



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products of Salinas having graduated from the competitive CSin3 program, a three-year computer science program at Cal State Monterey Bay and Hartnell College.

There was Le Vuong, the founder and CEO of Redmelon Company, which created a technology that extracts oil from Gac, a fruit that is readily found in Southeast Asia that is known to be high in beta carotene. She was driven to make a difference by improving eye health.

At the tail end of 2016, they were at the starting gates with their freshly launched companies. They were busy building their teams, fundraising, and scaling up their products and finding ways to connect with growers to beta test their products. Each story was promising as they forged forward excitedly talking about their products.

TWO YEARS LATER

Turn the clock forward. In autumn of 2017 I left Salinas after my company transferred

me to the Hudson Valley, a region about an hour and a half north of Manhattan. But I couldn't shake off the intense curiosity, and wondered where they were now. Were their products now in the fields or on the shelves? Had they expanded their teams and raised the necessary funds? Were they still in the game?

Trace Genomics had expanded from the Western Growers Center for Innovation and Technology to their own offices in Salinas, and completed another round of funding. They were in hiring mode.

AgShift had moved into their own offices in Santa Clara and had also completed another round of funding, and were in hiring mode.

Other stories seemed more bittersweet. Redmelon's Le Vuong continued to struggle to build a team and raise the necessary funds.

Pam Marrone, Vuong's mentor, and herself an agtech entrepreneur who launched

Marrone Bio Innovations that specializes in bio-based pest management, said she's encouraged Vuong to forge forward and build a team.

"The feedback from investors is, she has no team and therefore not a company yet and she needs to work on instilling confidence if she's going to make it happen. So some have suggested she get a CEO and she's CTO," Marrone said.

Jessica Gonzalez returned to her family farm in Merced to help her father who was diagnosed with cancer. She and her sister were building out the product business including wholesale and sustainable bee-keeping. The entrepreneur in her appeared alive and well as I'd learned she launched "happyhoney420," which features a Hemp-derived CBD-infused raw honey.

In circling back and returning to Western Growers Center for Innovation and Technology, which is located in downtown Salinas, I'd learned there was a new group of female entrepreneurs whose enthusiasm for agtech was infectious. They included Tinia Pina, the CEO and founder of Re-Nuble that makes chemical free hydroponic fertilizer. There was Aubrey Donnellan the founder of Bear Flag Robotics that created an autonomous tractor.

There was Penny Nagel the COO of Persistence Data Mining, herself a ninth generation farmer who grew up working the fields on the family farm in rural Illinois.

The bottom line was that there was a growing number of women entrepreneurs in agtech in the pipeline.

In the time I'd first asked the question of where were the women, I'd gained clarity too. The connection between field and business incubator seemed all the more obvious. Perhaps the innovations these amazing women created would help the women in the fields. Maybe the next generation of women—their daughters—would be inspired to create, innovate and build something of their own. I left hopeful that I could move forward and start a new chapter. **ce**

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Photo by Johnny Cadenaz

Prop 65 Warnings Requirements Now In Effect. Is your Company Compliant?

By J.R. Parker



INTRODUCTION TO PROPOSITION 65

In August of 2016, the California Office of Environmental Health Hazard Assessment (OEHHA) published updated warning regulations under Proposition 65. At that time, OEHHA provided a two-year compliance transition period. On August 30, 2018, that transition period ended. California businesses are now required to comply with all new warning regulations, or face potential penalties as high as \$2,500, per violation, per day. There are a limited number of exceptions to Proposition 65 compliance—including businesses with fewer than 10 employees, governmental agencies, and public water systems, which are exempt from the warning requirements and discharge prohibitions of the law.

Proposition 65—officially titled the Safe Drinking Water and Toxic Enforcement Act—was approved by California voters in 1986. The Act “...requires businesses to provide warnings to Californians about significant exposures to chemicals that cause

cancer, birth defects or other reproductive harm.” Additionally, Proposition 65 “...prohibits California businesses from knowingly discharging significant amounts of listed chemicals into sources of drinking water.”

Whether Big Hospitality in Monterey or Big Agriculture in Salinas, central coast business leaders of all stripes should take immediate steps to understand and comply with these new regulations.

It also requires the state of California to publish a list of chemicals known to cause cancer, birth defects, or other reproductive harm. This list must be updated at least once a year. Today, the list includes approximately 900 chemicals.

WHO ENFORCES PROPOSITION 65?

Proposition 65 is primarily enforced by the California Attorney General’s Office. However, county District Attorneys, City Attorneys, and private citizens acting in the public interest also have the statutory authority to enforce Proposition 65.

PROPOSITION 65 SIGNIFICANT CHANGES

Under the original requirements, “...most Proposition 65 warnings simply state that a chemical is present that causes cancer or reproductive harm, but they do not identify the chemical or provide specific information about how a person may be exposed or ways to reduce or eliminate exposure to it.” The new safe harbor requirements, however, “...will say the product can expose you to a Proposition 65 chemical rather than saying the product contains the chemical. Moreover, the warnings will also include the following: 1) The name of at least one listed chemical that prompted the warning; 2) The Internet address for OEHHA’s new Proposition 65 warnings website, www.P65Warnings.ca.gov, which includes additional information on the health effects of listed chemicals and ways to reduce or eliminate exposure to them; and 3) A triangular yellow warning symbol on most warnings. In addition to these changes, the new warning requirements also add new “tailored” warnings that provide more specific information for certain kinds of exposures, products, and places; provide for website warnings for products purchased over the Internet; provide for warnings in languages other than English in some cases; and clarify the roles and responsibilities of manufacturers and retailers in providing warnings.

PROPOSITION 65 AND THE CALIFORNIA CENTRAL COAST HOSPITALITY INDUSTRY

The central coast is home to some of California's best hotels and restaurants. Hospitality industry leaders—including hotel and restaurant owners and/or operators—also face new requirements, under Proposition 65.

Under the rules, the definition of "Hotel" includes "...any type of transient lodging establishment, including but not limited to, hotels, motels, bed and breakfast inns, resorts, spas, ski resorts, guest ranches, agricultural "homestays", tourist homes, condominiums, timeshares, vacation home rentals, and extended stay establishments in which members of the public can obtain transient lodging accommodations." As is the case with all affected businesses, hotels must comply with the new warning requirements in terms of both the method of transmission and content. Regarding the former, a safe harbor warning meets the requirements if it is provided using either or both of the following methods:

(1) The warning is provided on a sign posted at the hotel's registration desk in no smaller than 22-point type in a location where it will be likely to be seen, read, and understood prior to the completion of the registration or check-in process, or

(2) The warning is provided to the hotel guest in electronic (directly or via a hyperlink) or hard copy form in the same size type as other consumer information prior to, or during the registration or check-in process.

If written or electronic consumer information is given to hotel guests during the registration or check-in process in any language other than English, the warning must be given in both English and that language. Moreover, hotels must also "...provide [compliant] warnings...for designated smoking areas, alcoholic beverages, food, enclosed parking facilities and consumer products, where such products are offered for sale at the facility."

Restaurants—and hotels with restaurants—are required to provide warnings

for exposures to listed chemicals in foods or beverages, which they sell or serve, and which are intended for immediate consumption. Restaurant warnings will be deemed compliant as long as they are "...provided using one or more of the following methods:

(1) An 8 1/2 by 11 inch sign, printed in no smaller than 28-point type placed so that it is readable and conspicuous to customers as they enter each public entrance to the restaurant or facility where food or beverages may be consumed.

(2) A notice or sign no smaller than 5 x 5 inches, printed in no smaller than 20-point type placed at each point of sale so as to assure that it is readable and conspicuous.

(3) A warning on any menu or list describing food or non-alcoholic beverage offerings, in a type size no smaller than the largest type size used for the names of general menu items."

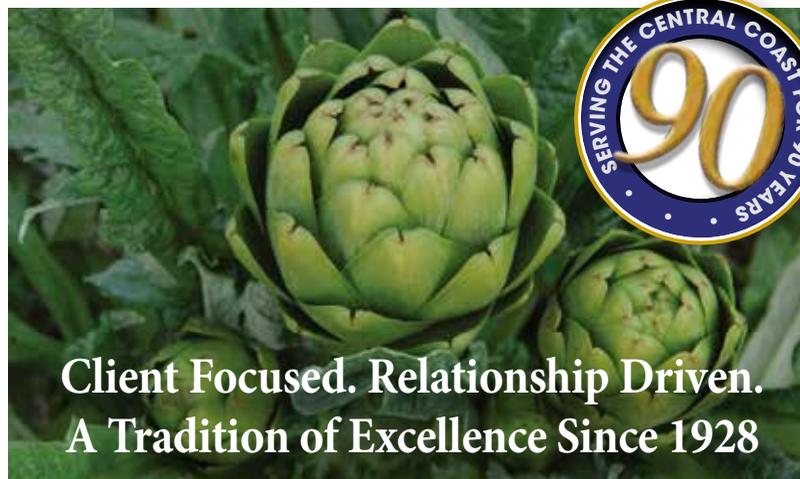
The warning must be provided in English

and in any other language used on other signage or menus provided on the premises. Moreover, compliant warnings must also be provided for alcoholic beverages, "...if alcoholic beverages are sold or served by the restaurant or other food facility."

CONCLUSION

These new warning requirements impact businesses throughout California. Whether Big Hospitality in Monterey or Big Agriculture in Salinas, central coast business leaders of all stripes should take immediate steps to understand and comply with these new regulations. Each type of warning has specific requirements as to both the method of transmission and the content.

The attorneys at Johnson, Rovella, Retterer, Rosenthal & Gilles, LLP—JRG Attorneys at Law—stand ready to advise you regarding these complexities, and others, in order to ensure your business is fully compliant under the law. ce



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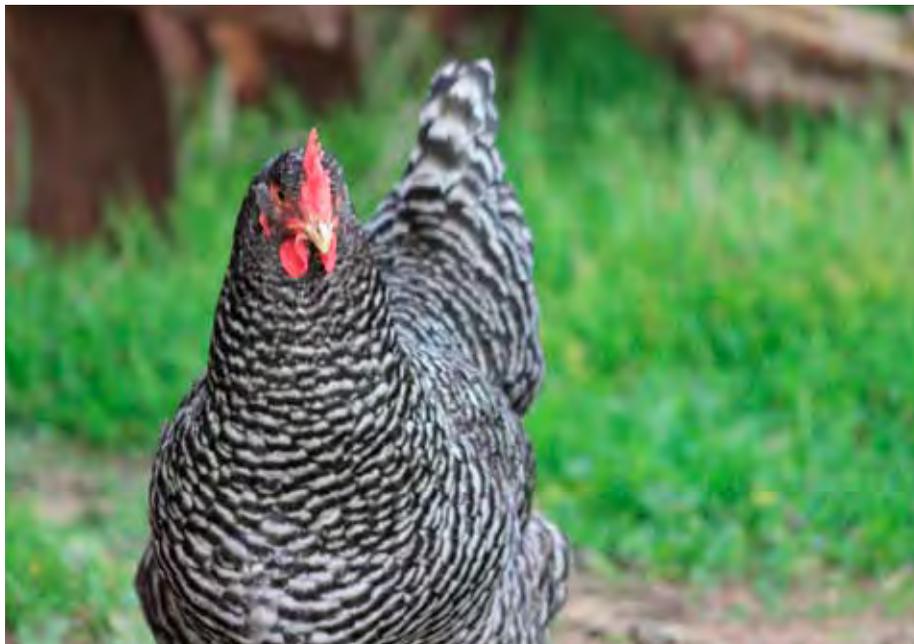
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Lessons Learned on a Ranch

By Celeste Settrini



Growing up on our family ranch is probably the greatest gift my parents could have ever blessed me with. As time passes, I continue to fall back upon things I have learned while living rural. I cannot imagine growing up any other way.

Growing up on a ranch has given me greater life lessons that any schoolbook could have ever taught me. The traits instilled upon me have made me who I am—a very proud ranch girl, steeped in the values of this way of life.

1. Prayer and Grace – I learned that everything is a grace from God. From a newborn calf, to a seed that grows into a crop, everything of ranch life is a gift. Miracles occurring daily. All you need to do is keep your eyes open; they are everywhere. Prayers were a cornerstone of all that we did—different than most of my friends' prayers. I prayed for rain to help the crops grow and green the rolling hills. My prayers were of constant thanksgiving of all that I was surrounded by each and every day. The coun-

tryside was one of God's greatest creations and I learned to appreciate it, take care of it and enjoy it each and every day.

As time passes, I continue to fall back upon things I have learned while living rural. I cannot imagine growing up any other way.

2. Resilience- I learned to get back up, dust myself off and keep pushing ahead no matter how tough things got. Getting bucked off a horse, being chased by a crazy rooster, kicked by a cow, and falling off a four wheeler as of late, only make you realize that you are tough and you will survive. Not only do you deal with resilience in the physical sense but also in the sense of learning to deal with crop loss due to a poor market, or loss of your favorite dog, or in my case, cow. These types of losses were just part of ranch life and you learned to deal with whatever the day brought you and survive.

3. Manners and Respect –Yes Ma'am, No Sir, Please and Thank You... is there anything more important than being kind and polite to others? It will get you far, I promise. Not much more to say on this one.

4. Selflessness and Responsibility – Animals come first, no matter what. Chore time happens before fun time. Animals need to be cared for and fed prior to heading off to the prom or going to the movies with friends. Sometimes plans are cancelled all together because stuff happens and we need to deal with it. A broken water valve, a cow having trouble calving, a car going through your fence that needs immediate attention so the cows won't escape. It made the special times all that more special. I learned to never really to look too far ahead, but to feel blessed by the little things in each day.

5. Cycle of Life – From birth to death you learn the joys of ranch life seeing a living creature actually give birth—sometimes you even get to help. Other times you see them at the end of life too. You do your best to keep your chin up but sometimes tears flow, and that is ok. You realize where your food comes from and the processes to make that happen. Hours of driving tractor, moving sprinkler pipe and tending to the crops to produce something marketable. The same goes with livestock—caring for a calf all year long, making sure that they get proper nutrition, vaccinations, so that they would be just the right weight before they were sold and moved off the ranch.

6. County Fairs – The best part of summer vacation means the county fair and your "fair family", the people who stick by you even as an adult many years later. Those friends seeing you through all the tough things in life like loss of a loved one or the happy things like a newborn child or a marriage.

7. Love of Family – It’s knowing what it’s like to have your dad go to work every day, but actually being there at home with you and the animals, many times you get to tag along. It’s a mom who does the old fashioned thing and cooks three meals a day, expecting everyone to sit at the table and enjoy what she has prepared; doing so with good manners and helping clear the dishes when done. It’s a brother who is your best friend growing up, riding bikes, enjoying 4-H together, and as adults being able to work side by side on the same ranch you were born on.

8. Drive – You get to drive at an early age, perhaps because your uncle from across the road comes in his old rancho pickup—his main goal to spend time with his six-year-old niece and teach her to drive down the dirt road. By the time you are 16, you are a professional at driving, not only a car, but a truck and a tractor too!

9. A Voice- Believing in the life you were raised in so strongly and knowing what is right and good, down to the core of who you are, that you become a voice for not only your family ranch, but other families who need someone to nudge them along or help them with their message. You celebrate the good of farmers and ranchers and you are not afraid to share that with anyone you meet along the way.

10. Just Be You- Embrace all that comes at you no matter how joyful or devastating it might be. You learn from the animals, as they are always truly present, not worrying about yesterday or what is ahead, just living in the now. You learn to find balance in all that is put in front of you and do so with a sense of calm and grace because this place you have grown up on has taught you so much.

Not everyone is lucky enough to be a ranch kid. Ranching families make up 2 percent of families in America. The other

98 percent of people do not reside on a farm or ranch. Rural communities have declined and consumers are generally two to three times removed from having a meaningful tie to the people or places where their food was raised. It is our job as ranch kids to share information about our life—about food production and talk to them about erroneous information, photos and videos regarding the treatment of animals or the processes of the ways we raise our food. Visiting with consumers about ranch stories is imperative. The telling of these stories are among the most believable resources available, which means a strong voice for the life we so love.

I promise you that you that it is hard to come across folks better than ranch folks. They are the core of America—hardworking, committed, resilient people who learn their values from the land they work and the animals they care for.

There is no better life. I’m ranch raised and proud of it! **ce**



Elder Care Planning

By Marisa Ikstrums



Stan Lee and Buzz Aldrin recently made headlines for the same reason: they are embroiled in lawsuits alleging that they are victims of elder financial abuse. No one wants to acknowledge their increasing vulnerability as they age, but the reality is that you must. Without a plan in place, you are vulnerable to the same abuse befalling Mr. Lee and Mr. Aldrin.

What is elder financial abuse? California defines “elder” as 65 or older (regardless of how youthful you feel). In this context, financial abuse is “the illegal or unethical exploitation and/or use of an elder’s funds, property, or other assets.” It is easy to think of email schemers, telemarketers and Bernie Madoff as abusers: nebulous entities lurking in the shadows to prey on senior bank accounts. As is the case with Buzz Aldrin, though, financial exploiters often come in the form of people you trust, such as your children or grandchildren

acting as caretakers. Unfortunately, these people make up the preponderance of financial abusers and their abuse is the least reported.

Clarity is both a safeguard and a kindness—it will keep you protected and prevent your children from having to guess your wishes in the middle of an emotional situation.

What can you do? Ambiguity is the enemy in elder care planning. “Aging with dignity” does not mean keeping your plans a secret until after your funeral. Clarity is both a safeguard and a kindness—it will keep you protected and prevent your children from having to guess your wishes

in the middle of an emotional situation. Compile any information related to your plans (including estate documents, lists of professionals you work with, accounts and recurring payments) and organize a family meeting to review the particulars. Lay out the roadmap: What are your plans? If plans change, what are the contingency plans? When can you no longer be trusted to live alone? What happens to your home? Who will manage your finances or healthcare? What are the limits of your power of attorney? The laws and regulations are more detailed than ever, so in the current elder care landscape, open communication is the best way to protect yourself and your family.

Openness can be uncomfortable for generations that cherish privacy, but in this scenario it establishes clear boundaries. These boundaries can help prevent the “opportunistic” behaviors that thrive in ambiguity. We know that family members

are often the financial exploiters of seniors and that it starts with small amounts. “He would want me to have this money” and “I’m just taking my inheritance early” are red flags of elder abuse. The stress of looking after an elderly person can create a sense of entitlement in a caretaker. Combined with an access to a large pool of money, otherwise good people can rationalize shockingly poor decisions.

Establishing a plan in advance with multiple points of safety is key to preventing abuse or catching it early.

Where there is ambiguity in your care plan, there is room for exploitation.

Family alone isn’t enough. If family is the biggest source of exploitative financial abuse, what helps keep them in check beyond a written plan? Building a relationship with a team of professionals who are there to help advocate for you. A Certified Financial Planner can review your finances and create a financial plan; a financial advisor can watch for unusual account activity; and elder care attorneys can provide holistic legal guidance on will and trust structuring. Providing back up documentation to these experts and openly discussing your plans will provide another layer of security for your estate. Consider inviting your family to your next meeting. Including your family in these conversations will help them better understand your situation and goals and introduce them to the experts who can provide guidance when you no longer can.

The financial industry is working to protect you. In 2018, President Trump signed into law the “Senior Safe Act,” which encourages financial institutions to train employees on signs of elder financial abuse. Similarly, FINRA passed rules requiring financial to advisors make an effort to gather the contact information of a “trusted contact” for clients—someone to be

contacted if an adviser has concerns about an elderly client. California now requires that employees of financial institutions act as “mandated reporters”. If they suspect that an elderly client is being exploited, they legally must report their concerns. Talk to your financial advisor about any concerns you have and ask about their security and elder protection policies, and complete a

“trusted contact” form.

Forewarned is forearmed. Establishing a plan in advance with multiple points of safety is key to preventing abuse or catching it early. A clear directive will provide both you and your family confidence in the future so you can enjoy the benefits of retirement. **CG**



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Oaks of the Central Coast

By Burton Anderson in Cooperation with the Monterey County Historical Society



Live Oak.

Oaks have been native to California for millions of years. Petrified tree fossils have confirmed oaks existence from at least mid-Pleistocene times. They have survived thousands of years, during periods of drought, floods, earthquakes, fire and climate change. There are 18 species of oaks and 50 varieties in California. This article is restricted to Santa Cruz, Monterey and San Benito Counties.

For thousands of years, prior to the discovery of California in the 16th Century, the Native Americans gathered acorns in the fall and laid them out in the sun to dry. After drying in the sun, the acorns were placed in large granaries made of willow twigs and vines. The granaries were placed near their brush shelters. Granaries were baskets built upon wooden stilts four or five feet above the ground to repel rats, squirrels and mice. The granaries held as much as 50 bushels of acorns, enough for a family for a year. Each

day the women removed several handfuls for the day's meal. Next, they shelled the acorns by using a hammer stone to remove the hulls. The kernels were ground in bed-rock mortars or individual stone mortars until the coarse kernels were reduced to powder. The next step was to leach the powder in water proof baskets to remove the bitter tannic acid. If sufficient water was not available, leaching was accomplished by digging a hole in sand and lining it with leaves. Cooking was done by adding hot stones until the mush was boiled. If soup or mush was the intended meal for the day, then it was done. If bread was desired, the acorn mush was cooked longer and molded into bread then baked on a heated rock which was used as a make-shift oven. It was described by early explorers as delicious. (Brewer's, "Up and Down California").

California Coastal Live Oak, (*Quercus agricola*), grows from sea level and foothills

to roughly 3000 feet. They are evergreen trees with round to elliptical shaped spiny leaves that are dark green in color. The bark is gray and shallowly furrowed. Their principal use is for fuel. The logs are easy to split, and the coals are hot and slow burning. Before switching to coal in 1870, Central Pacific Rail Road used oak wood to generate steam for their locomotives. In Santa Cruz County they grow in the Parjaro Valley, Coastal Hills, and Watsonville to Davenport and beyond. Coastal Oaks also grow on the east slope of the Santa Cruz Mountains. In Monterey County they grow in the Santa Lucia Mountains from King City to the San Antonio Valley, Hunter Liggett Military Reservation to the Los Padres National Forest and Paso Robles. They do not appear on Highway 1 Coast Road from the Carmel Highlands to Andrew Molera State Park, where they reappear along the coast to the south county line and beyond. The oaks are

also common on the Sierra de Salinas on the west side of the Salinas Valley to San Luis Obispo County. They are plentiful from Prunedale in the Gabilan Mountains, south to the Pinnacles and beyond to Parkfield. In San Benito County, the Coastal Live Oaks grow in the San Juan Valley on the east side of the Gabilan Mountains, south to the Pinnacles and beyond to Parkfield, and to San Luis Obispo County to the south.

Valley Oak, (*Quercus lobata*), also known as White Oak, are winter deciduous trees that grow throughout the Central Coast in conjunction with Coastal Live Oaks. However, the Valley Oaks grow only in higher and warmer elevations. They are the largest oak in the state and have the biggest acorns. They contain less tannic acid and are sweeter than Live Oak acorns and are easier to leach out the bitterness. The leaves are two to four inches long with blunt angular lobes. The mature bark is grayish brown with a check pattern and shallow fissures. In the Santa Cruz Mountains they grow in the warmer hills on east slope and southward up to 2000 feet. They extend into San Benito County in the lower San Juan Valley to Parkfield and the county line. In Monterey County they are common in the upper Carmel Valley, the Santa Lucia Mountains and the Los Padres National Forest. They are also numerous in the warmer valleys of the Gabilan range. Their principal use if for fuel as it burns hot and clean.

Blue Oak, (*Quercus douglasii*), thrive in a hot dry climate. They occur in the Gabilan Mountains at higher elevations and at the Pinnacle's National Monument. In the Santa Lucia range and Los Padres National Forest, their range is from roughly 250 to 3500 feet. They are recognized by their bluish-green, lobed leaves. The Blue Oak is drought resistant deciduous, a unique process that no other oaks possess. In dry years they drop their summer leaves and become skeletal. Their leaf lobes have waxy pointed tips with long, soft bristles. Blue Oak acorns were the choice of the natives in the area for consumption because of their flavor. In the early days their principal use was for fuel. Because of its strength, Blue Oak is still used to make tool handles.



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Valley Oak.

Black Oak, (*Quercus kelloggii*), are winter deciduous. If their acorns were available, the local natives preferred them over other oaks because of their outstanding flavor. The leaves are deeply divided into angular lobes that are a deep, shiny green. The leaves turn russet yellow in the fall. Trunks are dark gray-black. It grows in the Santa Lucia Mountains at 2000 to 5000 feet on both sides of the ranges. The trunks can be two or four feet in diameter and can be 70 to 80 feet tall. Of all the oaks, fire is most destructive to the Black Oak. The wood was formerly used as fuel. Recently, however, new milling techniques have allowed beautiful, quality veneers to be made from Black Oaks. The technologies have enabled Black Oak to be turned into oak veneer paneling, flooring, furniture stock and doors. This use is bound to increase because solid oak lumber is very expensive.

Canyon Live Oak (*Quercus chrysolepis*), also known as Maul Oak, is an evergreen tree with bright green, narrow elliptical leaves with spiny edges. The lower surface of the leaves are pale green with a thick coat of fuzz. The trunks are gray or whitish and have smooth sawtooth strips. The tree grows from sea level to 9000 feet. Canyon Oaks often

grow alongside Madrone and Bay Laurel in the Santa Lucia Mountains and Los Padres National Forest. The wood is extremely hard and is made into wedges for splitting Redwood and Douglas Fir. Because of its extreme strength, it is still used for wagon spokes, wheels, axles and wagon tongues.

There is another tree, Tan Bark Oak, that is not a true oak, but is from the genus *Litocarpus*, not *Quercus*. They appeared on the western slopes of the Santa Cruz Mountains. The local neighborhood tribes preferred their acorns because they were large and plentiful. European settlements, in the tree's natural habitat, caused their demise because Tan Bark Oak is a critical ingredient in tanning leather. Beginning in the 1850's, Santa Cruz County became the center of the tanning industry in California.

Today, a major disease afflicts the native oaks. "Sudden Oak Death," was first detected in Santa Cruz County nurseries in 1994. It is believed to have come from Asia and spread to local nurseries. By 1995, it was detected in Coast Live Oaks in Monterey County as far south as Big Sur. The symptoms are seeping cankers on the trunk and foliage dieback with death within a year. The disease is

spread by wind and rain, especially during a storm. Insects are not responsible for the spread of the disease. There is no known cure. The use of fungicides and chemicals are still in the experimental stages. The best control is the early detection of the disease, quarantine, removal of the tree and destruction of infected plant material. Bay Laurel leaves and Tan Bark leaves contain host spores of Sudden Oak Death but does not kill the tree.

The oaks in Santa Cruz, Monterey and San Benito Counties are essential to the lives of humans, mammals, birds and insects. Acorns were a Native American food necessity since they practiced no agriculture. Acorns are also a high energy food source for wildlife, rich in carbohydrates and fats. Wildlife need to fatten up for rutting and winter hibernation when food is scarce. Oaks also provide natural habitat for wildlife to propagate in natural surroundings, undisturbed. Wildlife and livestock use oaks for shade during hot spells and for resting.

Oaks provide a backdrop for recreation, including hiking, bike trails, picnic areas, camping, fishing and boating. Youth summer camps among the oaks, provide urban children an opportunity to experience nature away from the city. Oak Savannahs serve as an outlet from every day concerns and for rest and quiet meditation. An example is Monterey County's Toro Regional Park, set in an oak woodland. It is often full to capacity with individuals and families enjoying the beauty of the native oaks. **ce**



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Planett Ranch

By Melody Young, Photography By Patrick Tregenza

There is an art to keeping a property relevant while maintaining the essence of its history. Karyn Planett and Geoff Thompson of Planett Ranch have honed that art to perfection. It is no wonder considering that both of them are artists, writers and explorers of all that is unique and exceptional in this world.

Karyn's father, Earl Planett, purchased Planett Ranch in 1929. Planett, a successful steel man, longed for a special place that would allow him to relax and enjoy friends, as well as a place that would rejuvenate him. Tucked into the hills and valleys of our Southern Monterey County, Planett Ranch was and is the answer to those longings. The 2100-acre ranch reaches from Lake San Antonio to the coastal mountain ranges, with one boundary sitting adjacent to Fort Hunter Liggett. It is, however, also close enough to enjoy the ever expanding activities and events now common to the area. The ranch is also the keeper of Karyn's fondest childhood memories and those she and Geoff continue to create today.

The 2600 square foot mid-century ranch home was witness to her parents at their leisure, always entertaining groups of friends and family from their home in Southern California. Karyn reminisces that she never remembers many women, but her mother would act as hostess and camp-cook for her father's hunting and fishing buddies. Campfires, barbeques, and trail rides were the entertainment.

Karyn and Geoff have carefully restored and enlarged the ranch home to honor and preserve the past as well as made upgrades to accommodate today's changing lifestyle needs. The home, built of cinderblock, was intentionally wrapped around a massive heritage oak tree to utilize the shade it offered. The tree remains the focal point of the



Earl Planett had the right idea. Everyone needs a place to escape to.



front entry today. As you enter the home, the view of the valley sloping down to the lake is visible. Past the delightful mid-century furnishings, the original glass doors have been replaced with stacking ones to maximize the stunning vista. The new pool and entertainment area accommodates large groups or just a few guests lounging about appreciating the silence. The floor of the swimming pool features the original Planett Ranch brand, while the patios surrounding the pool offer a myriad of relaxing choices. A day soaking up the sun and fun is a good day indeed.

Back inside, the kitchen feels like stepping into the year 1962, but includes a microwave and a dishwasher as well as a Kuerig coffee maker sitting on the original pink Formica countertop. Vintage style dishware is just within reach for ease of use. Cookbooks are visible in various nooks and crannies, just at the chef's fingertips. The original barbecue resides just out the door and is still in working order.

The screened in porch on one side of the home was enclosed to house a new dining space. The colors of the unusual dining ensemble reflect a large-scale canvas painted by Michael Paulson, a special friend to Karyn and Geoff. The colors in the space evoke a love of life and a love of friendship. The disappearing doors open wide to showcase the bocce ball court named after Karyn's father Earl.

Earl added a second wing to the home when the children started having friends of their own to the property. The space was accessed by a breezeway.

Karyn and Geoff have enclosed this area as well as another screened in porch to accommodate a new master bath suite and a workout dance studio. The idea was to create more living space without changing the original footprint of the home. The spa-like bath suite features a Raku style ceramic vessel perched on a parsons table. The wood tiles and the river rock create a sense of peace and tranquility. Fun polka dot towels add that bit of whimsy that is visible in every room of the home. The buckaroo room is now the master bedroom. Karen had fun searching for vintage pieces and fabrics to carry off the look. The lamps are original to the home and were purchased from a Sears and Roebuck catalog. The original cinderblock walls provide shelter from the heat as well as add to the authenticity of the house. No detail has been overlooked and the feeling is one of comfort and delight.



*Clockwise from top:
The 50's are calling
Biscuits anyone?
Ranch central
A buckaroo master suite
Vintage vignette*



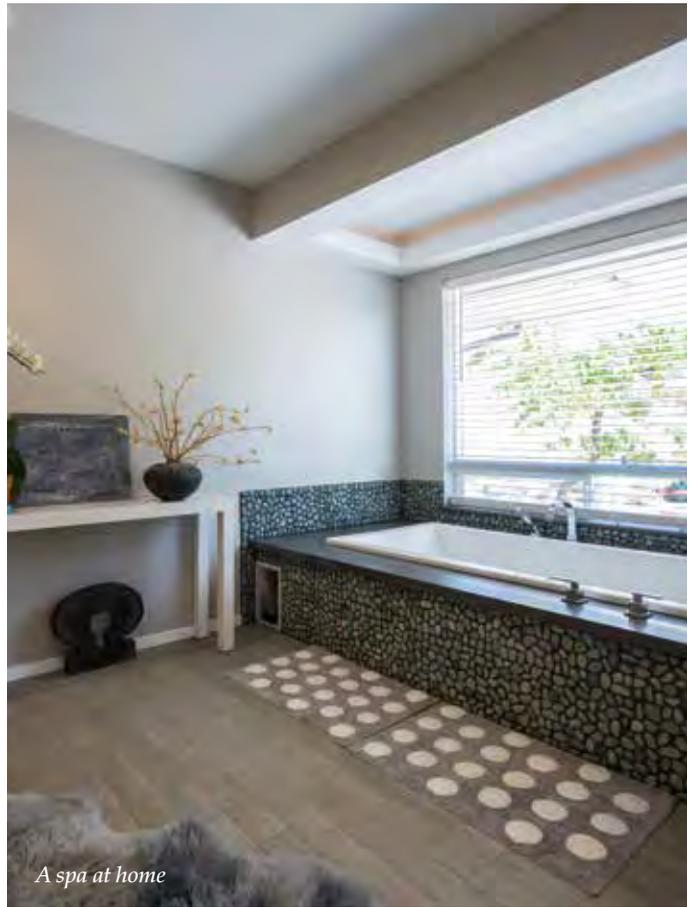
Fun loving dining room



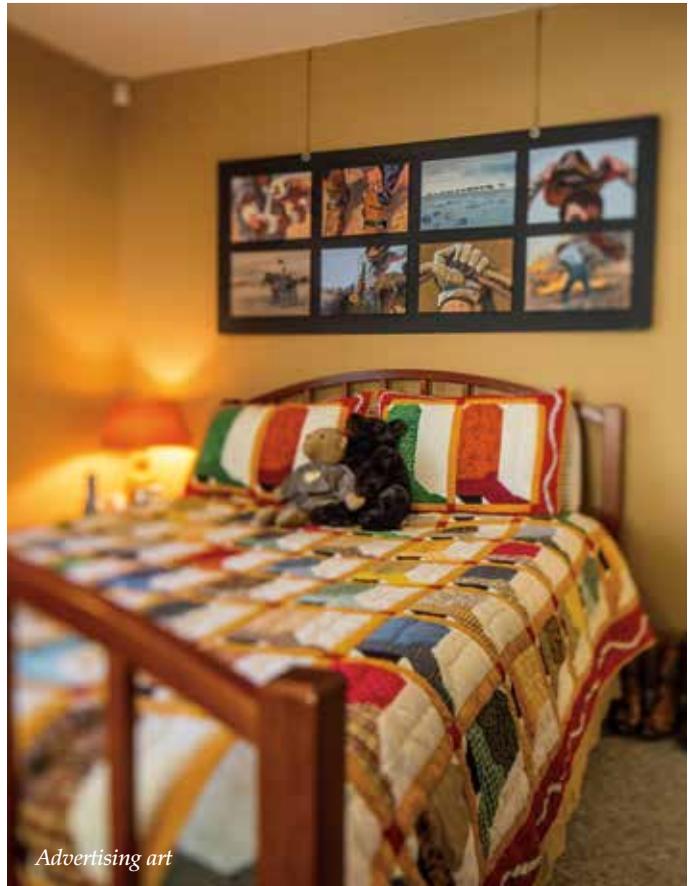
A step back in time



The Planett's original bedroom set



A spa at home



Advertising art



Fun in the sun



Original Homestead lovingly restored



History



Homestead bunkhouse

But there is more. Jump in Earl's jeep and head to the original homestead house. This home existed on the property when it was purchased in 1929. Karyn and Geoff have taken great care to give this home just as much love and attention as the main house. For a time, Karyn's grandparents would come stay in this house in the summer to watch the children when her parents traveled to Europe. It also holds special memories.

Most of the furnishings in this little home are either Karyn's parents, or incredible finds from the remodel of the original Paso Robles Inn. Karyn swooped in and saved what she could and has displayed the pieces in just the right environment. The furniture looks as if it has always been here. A storyboard painted by Geoff in his advertising

No detail has been overlooked and the feeling is one of comfort and delight.

days hangs proudly above one of the guest beds. Dinner is set in the kitchen for all the little buckaroos and if you ask nicely, Karyn will make you homemade biscuits and bring out the Planett Ranch honey. This treasured home features not only another original barbecue, but also a bunkhouse for little visitors with a "crookedly" tree outside, a rose garden named for Karyn's grandmother, and the "Pleyto Chix" chicken coop. Partygoers can rest at picnic tables under the immense fruitless mulberry tree, play bocce ball, or just sit on the porch in a rocking chair listening to the cows calling.

Karyn says, "If these hills could talk....", but oh they do! They speak in their majestic silence. They speak of eras gone by. They speak of love and loss, of good times remembered and memories yet to be made. To really understand this property one needs to listen to the hills, and to the wind. To listen to the rushing water in the spring, and the dry grasses in the summer. These hills have much to say. Earl Planett had the right idea. Everyone needs a place to escape to. He just had the knack for finding an unbelievably special one. **CG**



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Eden Rift

By Laurie Daniel



Eden Rift Vineyards in the Cienega Valley, outside of Hollister, CA, isn't visible from the valley's main road. You drive past the rustic facilities of De Rose Vineyards on Cienega Road, crest a small hill, and the expansive property unfolds before you.

The estate is known to many as Pietra Santa, a vineyard and winery established by the Gimelli family as a tribute to Italian grape varieties in California – the so-called Cal-Ital movement. But there have been vineyards here since 1849. The first pinot noir was planted in 1860.

The history of the place – and, more specifically, its history as a place for pinot noir – is a big part of what attracted its latest owner, Christian Pillsbury. “The history of this estate really is a pinot noir story,” he says.

Pillsbury—who has held a number of jobs on the commercial side of the wine industry, from sommelier to distribution to consulting—was leaving a stint as the Asia Pacific representative for Coravin, a wine preservation device, and he was, “looking for an older winery to put on a better trajectory.” Never

mind that in his previous work, he says, “I’ve advised so many people on the professional side not to buy a winery.”

Pillsbury admits that he hadn't heard of the Cienega Valley appellation, although he was very familiar with the iconic Calera Wine Co., down the road from Eden Rift. “The first time I came up here, I was blown away,” he says. “I’d never seen anything like it.” Pillsbury researched the weather patterns (cooler than most people think, with cold nights) and soils, and he was particularly intrigued by the subsoils, which are limestone and dolomite; The property is next to a limestone and dolomite quarry perfect for pinot noir and chardonnay, he thought.

The estate had passed from the Gimellis to the Blackburn family, who had also recognized the potential for pinot noir and chardonnay and had begun replanting the vineyard. In 2016, they'd hired a winemaker, pinot specialist Cory Waller, who had grown up in Hollister, made wine in Oregon and New Zealand, and was assistant winemaker at Calera, where his brother Mike is winemaker.

Pillsbury bought the estate in 2017. He renamed it Eden Rift: “Eden” as a tribute to Monterey County writer John Steinbeck and his novel “East of Eden,” and “Rift” because the property is near the edge of the Pacific Plate. Pillsbury says it's the seventh name the estate has had. “It's the new chapter of a very old story,” he says.

Pillsbury calls himself a, “huge devotee of California's viticulture history,” and he's spent considerable time and effort rediscovering the story of Eden Rift. As part of that effort, he's amassed an impressive collection of old books, labels, advertising and other historical items related to the property. Much of it is displayed in the Dickinson House, the property's beautiful 1906 residence, designed by an associate of Frank Lloyd Wright.

Pillsbury's respect for the land's history extends to the way he's redeveloping the vineyard. Most of the replanting in the vineyard is being done with so-called heritage clones, vine material with a history in California. That's in contrast to what are known as the Dijon clones, which have been developed more recently and have gained a big following. Eden Rift has some Dijon clones, but most of those vines were planted by the Blackburns.

“We have a heavy bias toward the heritage clones,” Pillsbury says.

The 500-acre prop-



Clockwise from top: 1.) Christian and Cory (Photo courtesy of Jimmy Hayes). 2.) Hangout in Eden (Photo courtesy of Jimmy Hayes). 3.) Winery at Dawn (Photo courtesy of Jimmy Hayes). 4.) Eden Rift Pinot Noir.

erty has about 120 acres planted with vines, mostly pinot noir and chardonnay, at elevations ranging from 1,200 to 1,600 feet. Although Pillsbury got rid of the last of the sangiovese and merlot left over from the Gimelli era, he's kept some pinot gris, which he's a big fan of. There's also a small block of zinfandel, planted in 1906, and a little grenache. There are plans to add a small amount of syrah and perhaps some mourvedre and additional grenache and zinfandel. Some of the existing vineyards are on terraces, which were put in by the Gimellis.

Waller says that when he first came to work at the estate, the sangiovese and merlot fruit was "way out of balance," but the pinot noir and chardonnay grapes were nearly perfect. That allows him to be "pretty hands off," he says, when vinifying the pinot and chardonnay. Waller is also able to have his choice of grapes: Eden Rift produces about 5,000 cases of wine a year and sells most of its fruit.

At this point, there's a lot of trial and error. Waller says that in 2016, his first vintage, he split up the grapes into many small lots so he could better understand what he was working with. Pinot noir is fermented in small stainless-steel tanks and chardonnay in French oak barrels. Waller got an amphora

fermenter this year for a chardonnay trial and hopes to add concrete tanks and eggs to try out with both reds and whites.

The estate chardonnay and pinot noir incorporate several blocks from the vineyard. There's a reserve pinot noir that's made from selected barrels; Waller says he's looking for more depth, opulence and structure for the reserve. There are also some smaller-lot bottlings, including pinot gris and chardonnay made from grapes grown on the vineyard's terraces. Plans also exist to add some pinot noirs made from single blocks.

"The thing I like about single-vineyard wine is it's very naked and transparent," Waller says.

Pillsbury adds, "Each one is a true voice of the estate. The estate just has a lot of voices."

The wines I've tasted are impressive. The pinots have ample sweet fruit and a woody note that adds interest and complexity. The pinot gris, which is fermented in a combination of neutral oak and stainless steel, is refreshing but also has depth and texture. The chardonnays are fleshy and rich, but have a firm core of racy acidity.

"We didn't know if we could make good wine when we bought it," Pillsbury says. "We hoped."



Given the investment required in such a project, Eden Rift's location seems a little risky. If Pillsbury, who had spent most of his life in the wine business, had never heard of Cienega Valley, it's reasonable to assume that most wine consumers haven't, either. Although there are a number of vineyards in the appellation, there are currently only two wineries, Eden Rift and its neighbor, De Rose. Calera is also on the Cienega Valley "wine trail," although its estate vineyard is in the Mt. Harlan appellation.

"I don't see it as being without challenge," Pillsbury says. "You can look at it as a difficulty, or a point of differentiation." The estate, he adds, "gives us all a great sense of mission."

Eden Rift is open 11 a.m.-4 p.m. Thursday-Monday. Tasting, which costs \$15 per person, is in the historic Dickinson House. Eden Rift is at 10034 Cienega Road, Hollister, Calif.; (831) 636-1991; edenrift.com. **CG**



Independent Contractors: Do They Still Exist in California?

By Stephen W. Pearson, Esq. and Lindsey Berg-James, Esq.



Diverging from decades-old precedent, the California Supreme Court changed the test for determining whether a worker is an independent contractor or an employee in its April 30, 2018 decision in *Dynamex Operations West, Inc. v. Superior Court of Los Angeles County*. Prior to this decision, courts applied the nine-prong test set forth in the 1989 Borello case, the most important prong being whether the employer had the right to control the manner by which the worker performed his or her job. In making that determination, courts traditionally looked at factors such as: (1) the employer's right to terminate the worker without cause; (2) whether the worker was supervised by the employer; (3) which party supplied the necessary tools and equipment to perform the job; (4) how the worker was paid; and (5) the skills required to perform the particular job.

The Supreme Court in *Dynamex* rejected

If an employer fails to prove any of the three elements of the ABC test, a worker will be determined to be an employee and not an independent contractor.

this traditional "control" test and adopted what the Court described as a "clearer" test that should be applied to determine whether a person providing services should be treated as an employee, with all the benefits that flow from that classification, or as an independent contractor, providing services outside of an employment relationship. The court adopted a new "ABC" test to make that distinction.

Under the ABC test, all workers are *presumed* to be employees unless the employer can demonstrate that the worker satisfies all three of the following conditions:

- (A) the worker is "free from control and direction" of the hiring entity;
- (B) the worker "performs work that is outside the usual course" of the company's business; and
- (C) the worker is "customarily engaged in [his or her own] independently established" trade, occupation, profession, or business.

If an employer fails to prove any of the three elements of the ABC test, a worker will be determined to be an employee and not an independent contractor. In adopting the ABC test, the Supreme Court noted that by being presumptively classified as employees, workers will have the benefits and protections of California's Wage Orders and companies will be protected from competitors who attempt to save costs by ignoring their obligations under the Wage Orders.

The ABC test significantly broadens the scope of workers who will be treated as employees rather than independent contractors and increases the chance that employers will have misclassified certain workers. The *Dynamex* decision does not make clear whether this test applies retroactively or prospectively, which creates an opportunity for workers to assert retroactive claims for wage and hour violations for work performed before the decision was published.

Because misclassifying workers as independent contractors comes with significant financial exposure, companies are encouraged to review their independent contractor relationships and agreements to determine whether those workers are in fact employees under the new ABC test. **ce**

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Brussels Sprouts, Its Rise in Popularity

*Interview for Steve Bontadelli, Santa Cruz County Farm Bureau
2018 Farmer of the Year*

By Jess Brown



Jess: Congratulations on winning the Farmer of the Year award. How do you feel about that special honor?

Steve: I was very honored to receive the award, and also delighted that my father, who had won the same award 34 years prior, was able to attend the celebration along with the rest of my family. It was bittersweet however, as he passed away the following day. We were blessed that his last night was spent together as a family.

Jess: Where did your family originally come from?

Steve: A small town called Bodio, Switzerland in the Alps above Milan, Italy. My great grandfather Emilio came to the area after emigrating from Switzerland and traveling across the country to Santa Cruz county. He actually was growing some potatoes in what is now La Selva Beach in the early 1900's. He and my grandfather, Earnest, also raised hay there and used to load the train near what is now the beach gate to send up to San Francisco.

Jess: The crop that you grow is Brussels sprouts. When did that become the major crop that your family grew?

Steve: My grandfather grew a lot of sugar beets back in the 40's and 50's, and my father and uncle grew lots of different vegetables common to the central coast—small white beans, and even some strawberries. They started growing mostly Brussels sprouts in the late 60's into the 70's and we have continued that to this day.

Jess: When you were going up, Brussels sprouts were not that popular. What did your friends think of them?

Steve: Like most people of that time, Brussels sprouts had a very bad reputation and people mostly despised them. They wondered what we did with all those sprouts.

Jess: Thirty years ago, you can ask a random group of 10 people if they liked Brussels sprouts, maybe one would say they like it. Now if you ask a random group of 10 people the same question, you

may find one person who doesn't like them. What changed that?

Steve: People learned how to cook them, not only Brussels sprouts but many vegetables. Brussels were typically boiled until almost mushy, emitting a rather foul sulfuric odor. Food Networks, celebrity chefs and eventually restaurants started featuring the baby cabbages in all their glory, roasting until slightly glazed in olive oil and garlic. Truly delicious and very good for you too, which is the other reason usage increased with the recognition of the value of the "super" foods.

Jess: Did you enjoy growing up in a family that farmed?

Steve: Absolutely. I spent all my summers working on the farm from the age of 12, and used to ride in a box on the tractor when I was younger as my father drove the same John Deere 50 that we still use today to cultivate the sprouts. I remember getting my first check with \$1.65 per hour and feeling pretty great.

Jess: Did you enjoy it or decide farming was not your thing?

Steve: I enjoyed working on the farm all the way through high school. I even took a few semesters off from college in the early 70's to work the entire season. After the second year of college, I concentrated on obtaining my degree in Business Management/Marketing. My father encouraged me to strike out and try new things and that is what I did.

Jess: Where did you attend college?

Steve: CSU Fresno.

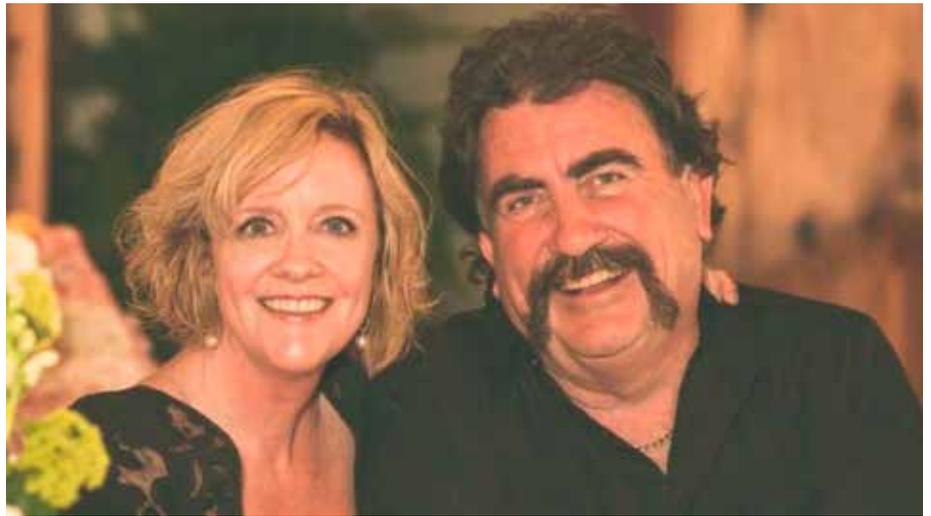
Clockwise from top: 1.) Steve Bontadelli in his field. 2.) Meg Janes and Steve Bontadelli. 3.) Ernest and Steve Bontadelli.

Jess: What career did you pursue after college?

Steve: My first job was working as a manager trainee in a Gap store in San Jose, so I moved back to the area from Fresno in 1977. I soon found out that retail was not my thing, and was fortunately recruited by Pfizer Pharmaceuticals in 1978 and became a territory manager for them, moving to Southern California for seven years, living in Orange County.

Jess: Why did you decide to come back to join the family farm?

Steve: My son was born in 1985, and I wanted to raise him up here where I grew up. My father and uncle had just acquired an interest in the Pfyffer packing shed in Santa Cruz so it was a perfect situation. There would be enough to keep the three of us busy with farming in both ends of the county and the demands of the new packing and shipping operation.



Jess: Was it challenging for your dad to accept you to help with the farming operation?

Steve: Quite the contrary. Although he always encouraged me to seek my own way, inside I am certain that he always hoped I might come back and return to the family farm. Some 33 years later I think that says it all.

Jess: What job did you first assume when you came back to help your dad?

Steve: Running the cleaning shed in La Selva, driving the forklift, loading trucks and trying to figure out how many trailers we could harvest to deliver the amount required for the daily delivery. It was quite the culture shock from where I had been. The following year I spent most of my time upgrading the packing and shipping operation, installing refrigeration and new cleaning lines.

Jess: Who has been the most influential person in your life?

Steve: As I said when receiving the award, both my father and my Uncle Charlie for teaching me the value of hard work. They led by example, and it was something passed down to them from their upbringing.

Jess: How are you handling the issue of having adequate labor?

Steve: We are at a very difficult time as an industry in dealing with this issue, and it is only getting more challenging. We are fortunate to have mostly local, dedicated employees who have been working with us

for many years. Some of our senior workers were the children of people originally employed by my father.

Jess: How important is the preservation of farmland?

Steve: Just take a look at the Silicon Valley, Orange County or more recently central valley towns like Tracy and Patterson and you can see that once these prime lands are taken out of agriculture, they never come back. It is imperative that we look at the greater picture and remain sustainable as a state and a nation.

Jess: Do you see your children continuing your business?

Steve: As of today, no, as my son is a successful sports broadcaster living his dream and my daughter is living her dream as a professional baker.

Jess: You are quite active in the community, why is that important to you?

Steve: I learned a lot about giving back to your community from both of my parents. It is a value that cannot be overlooked. Helping out and aiding those in need when we can is what we do as a people.

Jess: What is something about Steve Bontadelli people don't know?

Steve: If I told you I would have to change all my passwords... Actually I was on a game show in 1980 called High Rollers hosted by now Jeopardy host Alex Trebec. I ended up winning over \$30,000 in prizes, including





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a car and several vacations. Most of the furniture in my new home came from this too.

Jess: How do you balance your personal life while running a farm?

Steve: Harley Davidson rolling thunder. There is nothing better than jumping on my bike and seeing where the road takes me. No cell phones, no email, just me and the road. And a healthy dose of sports, which were favorites of both my parents.

Jess: If you could have dinner with three people (alive or deceased), who would you invite?

Steve: Albert Einstein, Jimi Hendrix and Sophia Loren. Think it would be a great party—Jimi on guitar, conversation with Albert and one of the most beautiful woman of our time.

Jess: Where do you see your farm in 20 years?

Steve: Still producing bountiful crops in one of the most beautiful places on the planet.

Jess: Where will we see Steve Bontadelli in 10 years?

Steve: Hopefully still upright. Just kidding, probably traveling another fantastic corner of the earth with my soulmate Meg and hopefully helping raise some grandchildren. Always calling this home.

Above top: (l to r) Ernest, Steve & Drew Bontadelli.

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f t p i

# Building A Strong Foundation for Long-Term Water Sustainability

By Abby Taylor-Silva



Over 60 years ago, farmers, including my Grandpa Frank, came together to address solutions for a long-term water supply in the Salinas Valley. Our forebears envisioned two dams as our solution to providing essential storage and flood protection for our valley. The Nacimiento and San Antonio Reservoirs today have a combined maximum storage capacity of 712,900 acre-feet and in normal years bring a substantial amount of groundwater water recharge into the Salinas Valley. Releases are timed to benefit steelhead while also recharging our groundwater basin.

In September 2014 Governor Brown signed a three-bill package called the Sustainable Groundwater Management Act. This Act established a definition of sustainable groundwater management to achieve sustainable yield. Of the 515 groundwater basins in California, 127 were considered high or medium priority and these were required to form a Groundwater Sustainability Agency by June 30, 2017.

In 2015, the Monterey County Water

Resources Agency was identified by Monterey County to be the SGMA Agency for the Salinas Valley Groundwater Basin in Monterey County. Some in the community took exception to that proposed appointment, and we and other partners in agriculture, as well as Monterey County Water Resources Agency, the County of Monterey, the City of Salinas came together

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**Having so many stakeholder groups represented on one board, as well as an agency that represents almost the entire County, means that we are better situated than many other GSA's as we build our plan.**

---

to find another solution.

Realizing that in order to identify an agency that could bring our basin into sustainable yield, we needed to build more trust in the community, these four entities

decided to fund and hire a facilitator. Gina Bartlett of the Consensus Building Institute (CBI) brought an objectivity to discussing long-standing challenges among stakeholders.

The final group of 22 people participating in the process represented various forms of agriculture, as well as environmental organizations, disadvantaged community representatives, cities, the county and water purveyors. At the end of the 15-month process, we had created a Joint Powers Authority, the Salinas Valley Basin Groundwater Sustainability Agency (SVBGSA), with GSA-eligible agency signatories, such as our county and local cities, and a board of 11 that included four agricultural representatives, an environmental seat and a disadvantaged community/small water system seat, as well as municipal seats and a water purveyor seat. The successes of the process came down to a willingness to communicate despite the fact that our stakeholder groups were vastly different and at times might have been at odds. It came from organizing grassroots community meetings through Communities Organized for Relational Power in Action (COPA), coffee shop talks with people with different ideas, and a willingness to trust in a process.

The SVBGSA is unique compared to others in California. We also have major hurdles before us: Who will pay for the projects that will get us to sustainable yield? What activities have multiple benefits and which don't? What options give us the best outcome for the cost?

Now the SVBGSA has a big task ahead: it needs to write plans for each of the seven sub-basins in the Salinas Valley, with the pressure area (the area west of highway

101 and approximately north of Gonzales) requiring a plan in place before the rest, in January 2020. The SVBGSA has decided to develop a single, integrated Management Plan for the entire Salinas Valley area covered by the SVBGSA as well as sub-basin-specific Groundwater Sustainability Plans (GSP) that will be submitted separately for each sub-basin. The Management plan will include a single, coordinated set of projects and management actions that will achieve sustainability throughout the Salinas Valley. The plan will include development of Projects and Management Actions for all sub-basins, ensuring that groundwater is managed with an integrated, unified, valley-wide approach. Additionally, the management plan will have a single, coordinated description of Sustainable Management Criteria to ensure that the definition of sustainability in any sub-basin does not conflict with the definitions of sustainability in adjoining sub-basins. The management plan will include unique chapters for the hydrogeology and water budget for each sub-basin. It is intended

for internal SVBGSA use, not for satisfying SGMA requirements, and will not be submitted to DWR, although GSA has highly encouraged that the plan be easily accessed and posted to the SVBGSA's website.

To satisfy SGMA requirements, each sub-basin's unique hydrogeology and water budget chapters will be submitted to DWR as a GSP. Each of these chapter-specific GSP's will include the respective hydrogeology and water budget chapters; and each GSP will repeat the integrated projects and management actions chapter that appears in the Integrated Management Plan. The chapter-specific GSP for the 180/400 Foot Aquifer sub-basin will be delivered to DWR by January 31, 2020. The chapter-specific GSP's for all other sub-basins will be delivered to WR by January 31, 2022 (assuming the Upper Valley/Paso Robles Area sub-basin boundary modification request is approved. If it's not, the Paso Robles sub-basin within Monterey County will also have a January 31, 2020 due date).

SVBGSA is also considering how to best

access fees for its operations. The first two years are projected to cost approximately \$2.4 million (of which agriculture has contributed \$500,000). If the SVBGSA isn't fully funded by June 30, 2019 it will automatically dissolve, so determining a funding mechanism is vital. Will fees be assessed by APN, acreage, a hybrid of both, or some other mechanism? These are conversations being had valley-wide right now, with final decisions expected early 2019.

Having so many stakeholder groups represented on one board, as well as an agency that represents almost the entire County, means that we are better situated than many other GSA's as we build our plan. It means we will have a strong foundation for working out our issues and making decisions that will have 50-year consequences. We will be following a well-defined process that's consistent, where all voices are heard. When that happens, trust follows and I believe sustainable yield for the good of our community and future generations will be the ultimate result. **cc**



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# Gonzales Small Business Loans Boost Big Goals

By Irwin Speizer



When you step into the local, independent drug store in the rural city of Gonzales, not only can you get your prescription filled, you can consult a medical practitioner about your ailment and, if you need one, get a sonogram.

The ultrasound machine inside the drug store is the brainchild of medical practitioner Luz Garcia, but it was made possible by a small business loan from the city. Garcia got \$52,000 at 3 percent interest from the city to buy the machine, enabling her to offer affordably-priced sonograms as part of her medical practice to a population that had to travel miles to get one, and then often at steep markups.

"I am blessed to have been funded and I am sure the community is grateful as well," Garcia says.

Garcia is one of 10 small business owners who have benefitted from the city's small business loan program, intended to provide affordable financing to small businesses

that might not be able to otherwise obtain capital, particularly in a small, rural city like Gonzales, with a population of about 9,000. By extending loans to these small businesses, the city hopes to stimulate growth and provide jobs. The city strives to use the loans strategically to advance broader goals. In Garcia's case, the city has been working for years to expand health care access to its citizens, and the ultrasound machine brought another improvement in that effort.

The Gonzales Business Assistance Loan Program started with a \$400,000 Community Development Block Grant. The money came from a federal program aimed at providing small business loans to help create and retain

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**Gonzales not only uses its own small business loan program, but also partners with other agencies and sources to aid small business and help create jobs while remaining focused on strategic goals.**

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jobs and reduce poverty. Gonzales used the initial grant to seed a revolving loan fund in which new loans are made available as old loans are paid off.

To qualify, businesses need to be located in the city, must use the money in one of a number of specific ways, like buying equipment or expanding, and must show that they are either creating new jobs or retaining existing ones. The maximum loan amount is \$299,000, although most loans are far less.

The first loan was made in 2010. To date, the city has made 10 loans with a total value

of more than \$1 million ranging in size from \$52,000 (the loan to Garcia) to \$270,000. As of mid-2018 the loan fund held about \$300,000.

Of the 10 loans made so far, only one loan has fallen into default. While the program is still fairly young, that default rate stacks up well. By comparison, a recent review of Small Business Administration loans from 2006 to 2015 by the online news site NerdWallet found one in six ended in default.

"Our goal with this program was to provide a source of financing for local small businesses that could provide jobs to our community," says Gonzales City Manager Rene Mendez. "At the same time, we saw the opportunity to use these loans in a strategic way to help enhance the quality of life in Gonzales. But equally important was to manage the program responsibly so that money would still be available for local small businesses in the future."

One example of how the city uses its small business loan program strategically is HealthySoil, which received one of the loans for an expansion. The company provides sustainable soil enrichment products and services. That business is in line with some of the city's economic development goals, which revolve around agriculture-related businesses and sustainable practices.

Gonzales not only uses its own small business loan program, but also partners with other agencies and sources to aid small business and help create jobs while remaining focused on strategic goals.

A few years ago, the city determined that a fine dining restaurant would enhance its downtown and encourage other development. But the city was having trouble attracting one. So, Gonzales partnered with

Monterey County to use its small business loan grant program to help launch one. The restaurant not only served as an anchor for downtown Gonzales but also provided jobs to 20 local high school students.

Garcia's loan serves as an example of how the entire small business lending process works. A physician's assistant, Garcia had worked in a rural health clinic for 10 years when she came up with the idea of starting her own walk-up clinic in Gonzales to give locals an affordable option for basic health care. She partnered with a family practice doctor and in 2016, Gonzales Primary Care opened inside Gonzales Pharmacy.

Garcia soon determined that one of the hardships faced by her patients, many of whom were low income and lacked health insurance, was difficulty accessing and affording sonograms. The closest place with



funding," Garcia says.

Then she heard about the city's small business loan program. She applied, and her proposal fit right in with the city's health access expansion goals. She passed the thorough loan review process and used the loan proceeds to buy the machine.

She now offers sonograms for \$200-\$300, a fraction of the cost patients might pay at a hospital. Since receiving the loan in 2017, Garcia has hired two part-time sonographers who now perform about 10 sonograms a week. And she continues to expand, recently adding the services of a psychologist three days a week.

"I think we are unique," Garcia says. "I don't think these services are being offered in other retail-based clinics." This is a great example of what the residents of Gonzales call, "The Gonzales Way".

For the city, that is the kind of result it hopes to engender with the program: helping a small business succeed and thrive while also making the community a better place to live.

For more information about the Gonzales Business Assistance Loan Program contact the City of Gonzales at 831-675-5000 or email Hortencia Vargas at hvargas@ci.gonzales.ca.us.

CG

CONTINUED FROM PAGE 20 (AG LABOR)

understanding of your existing sources for indoor heat exposure and create a plan for minimizing that risk.

Many employers have identified indoor heat as an issue and as such, there are two commonplace engineered solutions that will be critical elements in this new standard:

- The use of heating, cooling and ventilation systems (HVAC) is the most common mechanism to mitigate indoor heat.
- The other recognized engineered solution is commonly referred to as shielding. This involves the identification of specific sources of indoor heat, such as from a pasteurizer, and building a physical shield that creates a barrier from the source of heat.
- Additional breaks to allow for adequate cooling.

Remember, Cal/OSHA currently has the authority to site you under the Injury and Illness Prevention Program standard for failing to address this hazard. There is a well-documented history of the division successfully enforcing §3203 around this issue, so don't fool yourself into thinking this isn't a problem yet. Use your knowledge of how this new standard may come to fruition as leverage in ensuring you are that much further ahead of the curve when the time actually comes.

For more information about indoor heat, or any worker safety, health, human resources, labor relations, or food safety issues, please visit [www.agsafe.org](http://www.agsafe.org), call us at (209) 526-4400 or via email at [safeinfo@agsafe.org](mailto:safeinfo@agsafe.org). AgSafe is a 501c3 nonprofit providing training, education, outreach and tools in the areas of safety, labor relations, food safety and human resources for the food and farming industries. Since 1991, AgSafe has educated nearly 75,000 employers, supervisors, and workers about these critical issues. CG

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**For the city, that is the kind of result it hopes to engender with the program: helping a small business succeed and thrive while also making the community a better place to live.**

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an ultrasound machine that offered lower-cost fees was more than 50 miles away. If only she could get one, she thought. "I had the idea and the drive, but I didn't have the

### Small Business Loan Program Recipients

- Carlito's Steakhouse & Bar
- Gonzales Dental Care
- Gonzales Imaging Medical
- Healthy Soil & Water
- Jalisco Market
- Latte Café
- Pacheco Water Store

\*As of April 18, 2018

# Back to Basics: Fiber 101

By Stephanie Bouquet, MS, RD, CSSD, CDE, SB Nutrition Consulting



Amidst the plethora of nutrition information available through social mediums, it's no wonder even the most nutrition savvy person questions which foods are best for optimal health. It is all too common to see a food catapulted into the limelight as a "wonder" and then quickly fade into the background when true scientific evidence is unable to substantiate claims made.

There are only a few food sources that have stood the test of time and stand out as a true nutrition superstar. Topping the hit list is the nutrient, fiber. Dietary fiber is a form of carbohydrate that the body doesn't completely digest. Fiber containing foods have shown to help the body by establishing an optimal gut environment, managing weight, maintaining normal blood sugar levels and keeping blood vessels healthy.

## WHAT DOES FIBER DO?

There are two main forms of dietary fiber, which work together, as well as separately in disease prevention. To keep our heart in

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**Fiber containing foods have shown to help the body by establishing an optimal gut environment, managing weight, maintaining normal blood sugar levels and keeping blood vessels healthy.**

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peak shape, the soluble (or dissolvable) fiber type works directly to remove dietary fat and cholesterol from the body before injury to blood vessels occur. Foods high in soluble fiber include fruits, vegetables, dried beans and oat based (think oatmeal) foods. Foods containing insoluble fiber, like whole grains and breads, mimic the action of a broom sweeping the gastrointestinal tract of toxins, possible carcinogens and other unwanted waste products. Collectively, both forms of fiber promote a steady blood sugar level leading to satiety and subsequent weight management.

## HOW MUCH FIBER DO I NEED?

The Institute of Medicine (IOM) develops and publishes a set of recommendations called Dietary Reference Intakes (DRIs). The DRIs represent the most current scientific knowledge on all nutrient needs (including fiber) of healthy populations. The recommended daily intake of total (both insoluble and soluble) fiber is 25-35 grams per day (or 15 grams per 1,000 calories consumed). This range of fiber makes it possible for individuals to find the amount that works best for them.

## HOW MUCH FIBER DOES MY DIET HAVE?

Most high fiber foods (like vegetables and fruits) do not have a food label to tell you fiber content. How much do you think you consume on a daily basis? The average American consumes less than 10 grams of fiber per day, falling below what our body needs.

## HOW CAN I INCREASE THE AMOUNT OF FIBER IN MY DIET?

If you are falling short in your daily fiber quota, here are a few tips to help boost your intake:

- Make sure to include a least 1 cup of vegetables to every lunch and dinner meal.
- Use whole fruits at mealtime or snacks instead of a fruit juice, which lacks fiber.
- Think outside the box and substitute white rice or pasta for a fibrous grain (quinoa, barley, brown rice).
- Fill a 1-cup measuring cup each morning with some type of dried bean and place in the refrigerator. Throughout the day, add a sprinkle of beans to soups, salads, casseroles or mashed into a tortilla.
- Try adding 1 Tablespoon of oat bran, flaxseed or chia seeds into your breakfast cereal or smoothie.

## HIGH FIBER MENU

### BREAKFAST:

Whip up a breakfast smoothie: Combine vegetables of your choice (greens, beets) with almonds, milk (or yogurt) and oatmeal in a blender for a delicious, high fiber meal on the go! *Net: 8 grams of fiber*

### LUNCH:

Have a hearty lunch salad: Mix together 2 cups of salad greens, 1/2 cup dried beans (garbanzo, kidney or pinto), 1 tablespoon of sunflower seeds and feta cheese sprinkles. *Net: 12 grams of fiber*

### DINNER:

Enjoy a fiber rich side dish: Sauté 1 cup of greens of your choice (chard, spinach, kale) with olive oil and lemon juice and mix into 1 cup cooked hearty grain (wild rice, quinoa, brown rice) for a tangy and colorful accompaniment to any dinner meal. *Net: 7 grams of fiber*

### SNACKS:

Dip 1 cup of raw vegetables into hummus or cottage cheese. Enjoy apple slices (skin on) with 1 Tablespoon of peanut butter *Net: 5 grams of fiber*

**Total fiber intake: 32 grams of fiber**

Here's a quick way to estimate the amount of fiber you are eating in a day

| Food and Serving Size        | Servings Consumed Per Day | Estimated Fiber Grams per Serving | Total Grams of Fiber Eaten from Group |
|------------------------------|---------------------------|-----------------------------------|---------------------------------------|
| Fruits (1 piece or 1/2 cup.) |                           | 2 grams                           |                                       |
| Vegetables (1 cup)           |                           | 3 grams                           |                                       |
| Dried Beans (1/2 cup)        |                           | 6 grams                           |                                       |
| Cereals and Grains (1/2 cup) |                           | 2 grams                           |                                       |
| Breads (1 slice)             |                           | 2 grams                           |                                       |
| Nuts and Seeds (1/4 cup)     |                           | 2 grams                           |                                       |

Total Grams of Fiber per Day = \_\_\_\_\_

**Collectively, both forms of fiber promote a steady blood sugar level leading to satiety and subsequent weight management.**

If you aim to add 3 cups of vegetables into your diet every day along with other high fiber foods (remember the beans), your fiber number will add up! Remember to phase fiber into the diet gradually with lots of fluid to prevent any stomach discomfort. **cc**



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# Bocce Courts Made Easy

By Steve McShane



**B**occe courts are taking world-class landscapes by storm. Folks have found that bocce is a fantastic game that works great with entertaining. I've had a court in my yard for 10 years and am thrilled to walk you through easy installation.

The game of bocce goes back to Roman times. In Monterey, you can still find Sicilian fishermen in white suits at the Custom House Plaza playing bocce on Sunday afternoons. You too can join such a distinguished league and enjoy good spirited competition in your very own backyard.

Installation of a bocce ball court is easier than you might think. The first step is a good design. You'll need to consider prevailing wind, leaf litter and sunlight. If you locate your court in a poor spot, you will be much less likely to use it. You also need to determine if you're going to roll for fun or serious competition. Most of my clients simply want something fun to engage in with guests when they entertain.

According to serious players associated with the United States Bocce Federation,

a league court measures 91 feet long and 13 feet wide. Ninety percent of the courts I assist with adapt the width and length to fit their space. In most cases six feet wide and 35 to 50 feet long will do the trick. You'll find that a smaller court is less expensive, easier to install and easier to keep up.

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**At the end of the day, a bocce court adds incredible value to your property and provides you with an excellent activity while entertaining.**

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Building your bocce court will make for a great weekend project. Start in advance of the weekend with the design, layout & materials list. You'll want to make sure the court is completely level. For my court, I used Railroad ties to frame it. Most folks will use 2x8 redwood. I always recommend using two boards back to back and a reinforced backstop. You'll be amazed at how

hard the balls can hit the backstop.

When it comes to the court material, you'll need a good four inches of decomposed granite (DG) base. I also recommend contractor grade weed fabric underneath the DG. You will want to apply the DG using water and a vibra-plate to make sure it's well compacted. Ultimately, the finishing touch is ¼ inch of oyster shell flour added to the surface of the court. Your local landscape supply will have it in 40-pound bags.

Ultimately, you'll need to give your court an annual checkup. I find myself pulling the occasional weed and reapplying oyster flour every couple of years. Be sure to keep after any weeds and leaf litter as well. A clean court makes for great play.

At the end of the day, a bocce court adds incredible value to your property and provides you with an excellent activity while entertaining. Best of all, there is little upkeep and no water required. Let's get rolling!

*Steve McShane is Owner & General Manager of McShane's Landscape Supply in Salinas. He can be reached at [steve@mcshanes-landscape.com](mailto:steve@mcshanes-landscape.com). ☎*



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# Grilled Vegetable Flatbread

Courtesy of Scott "Paul" Blackerby, Executive Chef at Hyatt Regency Monterey Hotel & Spa TusCA Restaurant

Photograph by Richard Green



## INGREDIENTS

- 1/2 cup artichokes, quartered
- 1/2 cup zucchini, sliced 1/4" and grilled
- 1/3 cup red onion, sliced 1/4" and grilled
- 1/4 cup grape tomatoes, cut in halves
- 1/4 cup ripe olives sliced (Kalamata preferred)
- 1/2 cup charred tomato sauce or pizza sauce
- 2 tbsp. olive oil
- 1 each flatbread partially cooked
- 1/2 cup arugula
- 1/4 cup fresh mozzarella
- 2 tbsp. parmesan cheese, grated
- 2 tbsp. balsamic glaze

## METHOD

1. Prepare flatbread ahead on the grill or use partially cooked pizza dough.
2. Lightly brush skin with EVOO.
3. Spread the tomato sauce on the bottom of skin, all the way to the edges.
4. Spread and layer the veggies evenly on the flatbread.
5. Top with the cheeses and bake for about 5-6 minutes, in preheated oven at 400F.
6. Remove from oven, cut in 3x3, top with arugula and drizzle with balsamic.

## FLATBREAD DOUGH

Yields 4 Each

## INGREDIENTS

- 5 cups flour
- 1 tbsp honey
- 2 tsp sea salt
- 1 tsp instant yeast
- 2 tbsp olive oil
- 1 3/4 cups water

## FLATBREAD DOUGH METHOD

1. Place all ingredients in a stand mixer with a dough hook and mix for 5 minutes. It should form a ball.
2. Let rest for about 5-10 minutes and remove from bowl and knead by hand on a lightly floured board for 5 minutes, till dough is very smooth.
3. Divide dough into 4 equal sections and lightly brush with oil and cover with film. Let rest for about 20 minutes at room temperature or refrigerate overnight.
4. After dough has rested, roll out into desired oval or round shape, it should be about 1/8" thick.
5. Place dough on grill to partially cook, cooking each side for 2 minutes.
6. Dough is ready to make flatbread. **ce**



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– Refreshingly Classic –



# The 108<sup>th</sup> California Rodeo Salinas

The 108th California Rodeo Salinas drew over 58,000 fans and almost 600 contestants July 19th through the 22nd. One of the top 20 professional rodeos out of 600 nationwide, the California Rodeo Salinas is the largest rodeo in California with a 2-Ring Circus kind of feel, as acts entertain on the track while rodeo action takes place in the arena. The two evening and two afternoon performances featured the One Arm Bandit with his longhorns and Bobby Kerr with his formally wild mustangs, as well as team roping, saddle bronc riding, bull riding, barrel racing and more. The Saturday grand entry featured a parachute jumper with a giant American flag descending into the arena. The Sunday grand entry featured a performance by local charro groups with dancing horses and lively music.

Tradition runs deep at the California Rodeo Salinas, but the committee and staff strive to mix tradition with technology. There is a large replay screen that brings the action closer to the grandstands, enhancing the experience and helping to educate fans. This year, there were daily live broadcasts on Facebook to talk about rodeo action, history, community involvement and more. Both the Saturday and Sunday performances were streamed live internationally on the Wrangler Network.

In 2018 thus far, the four days of the California Rodeo Salinas, one night of Professional Bull Riding and the Big Week Kick Off Concert featuring Blake Shelton, along with the Monster Jam in May, allowed local nonprofits to earn over \$494,000 by parking cars, selling programs, manning grandstands and more. The California Rodeo Association also provides tickets, discounted rentals and more to nonprofits to get to that impactful donation number. Learn more at [www.carodeo.com](http://www.carodeo.com) or follow the California Rodeo Salinas on social media year-round to stay in the know about events and community involvement.



1. Saddle Bronc Riding (by Phil Doyle).
2. John Payne The One Arm Bandit and his long horns (by Phil Doyle).
3. Bobby Kerr (by John F. Gay Jr).
4. Charro with American Flag (by Phil Doyle).
5. Non-profit check presentation August 2018. (Photo provided by California Rodeo).



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# AIM for the Cures Gala

**F**ranc D'Ambrosio, the longest running "Phantom" from Phantom of the Opera as well as Anthony Corleone's opera-singing son on Godfather III, performed in Pebble Beach on August 23 at AIM for Mental Health's 5th Annual *AIM for the Cures Gala*. Befitting the elegance of the Concours d'Elegance, sponsors included Carbonadi ultra-premium Italian vodka, Petrossian caviar, Pebble Beach Company as donor of the extraordinary venue, Joseph George Fine Wines pouring Chandon Brut, and premium wine-tastings by Drench, Hahn, Holman Ranch, Paraiso, Trincherro, and Wrath. Pebble Beach world-class chefs prepared the gourmet dinner, paired with premium wines donated by Scheid Vineyards & Trincherro Family Estates.

The North Monterey County High School Condor Marching Band led by Marcie Chapa inaugurated the evening. Brian Boitano, Olympic figure skating legend, emceed, and David Hernandez, American Idol finalist, gave a surprise performance. Live auction items included a week at top luxury hotels in Bali, an ultimate Parisian experience, and a trip to one of the most exclusive fly-out fishing lodges in Alaska.

The Gala raised over \$500,000 for youth mental health research and awareness. AIM is building a movement devoted to youth mental health by funding clinical research to find better treatments and cures, and raising awareness of the growing epidemic of kids struggling with their mental health.

The 2nd Annual *AIM for Awareness Ad Contest* is underway in all Monterey County Middle and High Schools to help normalize the conversation around students' mental health and raise awareness. This awareness campaign culminates with the 5th Annual *AIM for Awareness Walk & Rally* on October 21 at Lovers Point Park in Pacific Grove. Please join us! Create a team to walk!

For more information and/or donate, please visit [AIMforMentalHealth.org](http://AIMforMentalHealth.org) or call 831-372-1600.

1. Mark and Susan Stiltwell family with Brian Boitano and Franc D'Ambrosio (by Michael Troutman).
2. Mark Stiltwell showing Emcee, Brian Boitano, how he fits his Olympic costume! (by Scott Campbell).
3. Petrossian Caviar, a sponsor, offers tastings (by Scott Campbell).
4. (l-r) Angie McGraw, Melissa Kendrick, Sheryl Merrill, Tama Bistran join Margaret D'Arrigo-Martin at Taylor Farm table
5. Franc D'Ambrosio, the longest running Phantom performs (by Michael Troutman).
6. AIM for Mental Health's 5th Annual AIM for the Cures Gala.



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SEE YOU NEXT YEAR JULY 18 THROUGH 21, 2019!

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# The 8th Annual Salinas Valley Food and Wine Festival

**T**he 8th Annual Salinas Valley Food and Wine Festival took place Saturday, August 11th in downtown Salinas. The Friday night Kick-Off Event was held at CSUMB at Salinas City Center and featured more than 40 different craft beers from our region. The Kick-Off Event also included local wine tasting, food trucks and a live band. “We set attendance records and find this event offers an incredible look at the local craft beer movement along the Central Coast,” shared event organizer, Jacob Abramson.

The Food and Wine Festival took place on one of the most beautiful Saturdays downtown Salinas has ever seen. Guests were welcomed with a renewed focus on wine, food, art and some other significant changes to make the event more inviting and to encourage people to arrive early, and stay the entire day. Organizers reported 22 wineries and nine breweries were present for 2018. The Monterey Jazz Festival had three combos downtown to entertain the crowds. A total of 14 food sampling stations resulted in a wide array of culinary treats from Salinas Valley Cities, including Castroville, Salinas, Chualar, Gonzales and Soledad. The Festival was sold out with more than 1,300 tickets processed. The nonprofit beneficiary for this year’s event was The Grower-Shipper Foundation’s More Produce in Schools Program. “New this year’s Food and Wine Festival celebrated the unique food and wine culture and heritage of the Salinas Valley and I believe we delivered on that,” said event Chair Joel Panzer. Attendees were thrilled with the success of the event and report they will be back in 2019 on August 9th for the Kick-Off Event and on August 10th for the 9th Annual Festival, along with the 2019 winemakers dinner and wine tour on August 2nd and 3rd. More information can be found at [salinasvalleyfoodandwine.com](http://salinasvalleyfoodandwine.com).



1. (l to r) Murlie Hanson, Jenna Ambamson, Jenny and Joshua Leigh.
2. Steve McShane takes a selfie with his wife Danielle and the Chair of the Kick-off Party, Jacob Abramson.
3. Salinas Mayor Joe Gunter with his daughter, Terrin Eisman Gunter.
4. Chair of the 2018 event, Joel Panzer, samples some of the gumbo prepared at the event while on duty.
5. Former Salinas Police Chief Kelly McMillin and his wife Teresa pose with Don Chapin III and his wife Kim Chapin.

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# Bulls Stampede Through 2018

This past summer welcomed new teammates, pizza parties, the boys bowling and lots of baseball! This team took a summer approach to baseball: play hard and have fun! All together they played three summer tournaments, making huge strides each game.

Summer quickly moved to Fall and the boys had a great start to the new 2019 season as a 13U AAA ranked team. New mandatory practice twice per week and charting 20 minutes at-home conditioning workouts three times per week has been instrumental in their success.

“We’ve been able to compete against some of the best, with some players outweighing ours by at least 30 pounds. Our boys have grit and determination and really making themselves accountable, knowing and doing their job and picking each other up as teammates when things don’t go their way. This makes coaching enjoyable and rewarding,” commented coach Max Yeater.

The CG Bulls alumni continue to make us proud as they play baseball at the next level. Here are just a few colleges with Bulls on their rosters: Hartnell, Cabrillo, Gavilan and Monterey Peninsula colleges, the University of Kansas, the University of Washington, Gonzaga University, Portland State University, Fresno State, CSU East Bay, Sonoma State, San Jose State, Texas Lutheran University, UC Berkely, William Jessup University...and a shout out to former Bulls coach John Gavin, who is pitching for the San Jose Giants!

A great tradition continues!

## ROSTER

Julian Arreola  
Cristo Barroso  
Alex Glasscock  
Alex Jarvis  
Jack Jarvis  
Trevor Mckinley  
Xavier Mendez  
Nick Rianda  
Diego Villarreal  
Brayden Washabaugh  
Jake Yeater

## COACHES

Joe Hernandez  
Josh Washabaugh  
Max Yeater



1



2



3



4

1. A team that bowls together, stays together! Enjoying some bonding time at Manteca Bowl.
2. Rise and shine! The Bulls playing at Twin Creeks in Sunnyvale, California.
3. Father's Day weekend and Team Mom Wendy Yeater's birthday!
4. Congratulations conversations at Manteca's Big League Dreams complex.

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